BILE BEAN COOKERY BOOK

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To the Busy Housewife.

THIS little book is dedicated to the busy British housewife who is charged with the important duty of providing for the wants of the family. Hers is the task to handle the family exchequer, to make a shilling go as far as forty-eight farthings will allow, to get genuine value out of every halfpenny entrusted to her charge, and at the same time to produce, by the wonderful magic of skill and patience, dainty and appetising dishes that cost next to nothing.

Because it is intended for the homes of the workers, no recipes for fancy dishes and costly luxuries will be found in this book, but only things that cost little, yet taste good, and are sound and wholesome food. The book is specially designed for those who find a difficulty in introducing sufficient variety into the daily menu without incurring extra expense. The recipes are tried and trusted extracts from the experiences of working-men's wives, whose only attempts at fancy cooking occur on those humble high-days and "company-days" which lighten the common round of all.

A good cook saves many a doctor's bill, and studies always the digestion of her household charges. Yet, in these days, when food adulteration and the addition of "preserving" chemicals to all kinds of daily food are so common, even the wisest cook cannot insure the perfect digestibility of her dishes.

But all should know that in Bile Beans for Biliousness they will find a perfectly sound, safe, and sure household medicine which will drive away the demon Indigestion and its twin brother, Biliousness. A Bile Bean after dinner and a Bile Bean at bedtime will help the weakest stomach to digest and enjoy all wholesome food. Bile Beans are so gentle in action that they do not interfere with daily duties, or cause painful inconvenience. Every mother should rely on Bile Beans as a tried and trusted remedy which has brought health to thousands of sufferers, and which is proving daily a valued safeguard against sickness and disease in thousands of homes.

KITCHEN HINTS.

The secrets of good pastry-making are—Don't spare the rolling-pin; keep your paste warm; have your oven at the right heat; and don't put your pastry into a cool place to cool off.

Don't guess your quantities by rule-of-thumb; stick to weights and measures. A good pair of scales will save more than they cost, by preventing the spoiling of many a dish.

If you have lost your weights, remember these handy hints:

One ½d. and one 3d. piece together weigh	¼ oz.
One 2/- piece and one 6d. together weigh	¼ oz.
Three pennies weigh	1 oz.
Twelve pennies weigh	4 oz.

An ordinary teacup holds just 4 ozs. of flour; a pint-jug holds ¼-lb. of flour; and a quart-jug holds just 1 lb.

Don't put salt in new milk before boiling it, salt sometimes curdles new milk.

Put a spoon into your milk-pan before it comes to a boil; then it won't boil over.

After boiling milk, fill your pan with cold water; it will clean easier.

Make soups the day before using, if possible; and take off the fat when cold.

Fresh meat will keep longer if it is hung up; don't let it lie in a dish. In warm weather, or in warm rooms, brush your fresh meat over with vinegar.

A "light hand" for cakes and puddings really means plenty of hard work with the stirring-spoon (a wooden spoon is best). Don't mix them too dry, or your cakes and puddings will be "sad."

Warm your flour, sugar, fruit, and all other pudding and cake ingredients before using.

BREAKFAST DISHES.

BACON AND EGGS.

Cut your bacon in thin slices, and either cut away the rind, or "nick" it before frying. Don't heat the pan before putting your bacon in it. Turn the bacon several times whilst cooking. When it is nicely crisped, take out the bacon and fry your eggs in the hot fat. Serve on a hot plate. Some people prefer the eggs poached, and slipped on to the bacon without breaking the yolks.

HAM AND EGGS.

The same rules as for bacon and eggs; but take care to keep your slices of ham one thickness. If the ham is salt and hard, soak it in hot water for ten minutes and dry it in a cloth before cooking.

POTTED HAM.

Take 2lbs. of sliced lean ham to ¼-lb. of fat, mince the slices small and pound them to a fine paste. Season with 1 teaspoonful powdered mace, ½-teaspoonful of powdered allspice, and ½-nutmeg; adding the spice gradually whilst pounding the ham, and mixing thoroughly. Press the mixture into pots, and cover with melted butter or lard. This will keep well, and is a welcome change for breakfast or tea.

BOILED HAM.

First choose your ham. Run a sharp knife or skewer into the ham close to the bone. If the knife has a fresh, sweet smell when withdrawn, the ham is sound and good; but a bad smell betrays poor quality. If the ham is old and salt, but still sweet, soaking for twelve hours in cold water (changed often) will improve it. After washing, put your ham into a boiling pot, with just sufficient water to cover it. Bring to a boil gradually, and keep it gently simmering till tender, neither allowing it to stop boiling, nor boiling too fast. A ham weighing 10lbs. will be cooked in four hours; 15lbs. five hours. Let your ham remain in water till *nearly cold*, which will keep the juices in, and improve the flavour; but *don't* leave the ham in the pan all night.

SAVOURY BOILED HAM.

A very old recipe for giving a delicious flavour to boiled hams. First soak your ham for three or four hours in equal quantities of vinegar and water sufficient to cover the ham. Then boil the ham as usual, but as soon as the water boils add 2 heads of celery, 2 turnips, 3 large onions, and a good bunch of savoury pot herbs.

BAKED HAM.

Cover your ham with a paste crust (see pie-crust recipe), place in a moderate oven, and bake for four hours. Take off the crust and skin, and garnish with bread crumbs, as for boiled ham. Keeps longer, and has a finer flavour, than boiled ham.

FRIED KIDNEYS.

Cut the kidneys open without quite dividing them, and remove the skin. Lay them flat side down in the frying-pan, with a small piece of butter, and fry them for eight minutes. Serve on toast, with a piece of butter in each kidney, and pour the gravy over them. When fried with bacon, butter is not necessary.

LAMB'S FRY.

Boil 1 lb. of lamb's fry in 3 pints of water for fifteen minutes. Take out the fry, dip it in grated bread crumbs, and fry it for five minutes. Serve with crisped parsley.

KEDGEREE.

When you have cold fish left over, a dish of kedgeree will be the best way to use it for breakfast. Pick the fish from the bones carefully; mix with it a cupful of boiled rice or mashed potatoes. One ounce of butter, a teaspoonful of mustard, 2 soft boiled eggs, salt and cayenne pepper to taste. Quantities should vary according to the amount of fish used. Bake in a covered jar in the oven for fifteen minutes.

HAM OMELET.

Mince some slices of ham finely, and fry for two minutes in a little butter, then mix a batter for the omelet, and stir in the minced ham. Good lean bacon, or tongue, answers equally well for this dish. To make omelet batter for six persons take 6 eggs, 4 ozs. butter, 1 teaspoonful of flour, and half-a-teaspoonful of milk. Mix the flour with the milk to a thin cream, beat up the eggs, mix all together, and season to taste.

BASTED HAM AND EGGS.

Four eggs, 2 ozs. of fresh butter, 1 slice of bread, 4 tablespoonsful of raw ham cut in dice, 2 tablespoonsful of milk, or cream. Thickly butter a frying-pan, using half the butter for this purpose. Break the eggs carefully into the pan, and add the milk. Put the pan on the fire for a few seconds till the white just begins to set, then place it in the oven till the setting is completed. On no account let them become hard. Baste the eggs once or twice during the cooking with the butter; meantime, melt the second ounce of butter in another pan, put in it the bread and ham cut in rather large dice, and fry them a light brown, mixing in at the last the parsley. Put this mixture on a hot dish, and lay the eggs tastily round the ham and bread. A very appetising breakfast dish.

COLD MEAT CURRY.

Mince well any remains of cold meat. With this mix a good teaspoonful of curry powder, pepper and salt. Cut up a good head of lettuce and strew it over a dish, slice three tomatoes and some cold potatoes, put alternately potato and tomato round the dish, pour over this some vinegar or salad dressing. Boil three eggs hard, cut in half, chop the yolks with the meat, fill the whites of eggs with the meat, and arrange on dish. Chop finely the piece of white of egg that you cut off to make the bottom level, and scatter over the top.

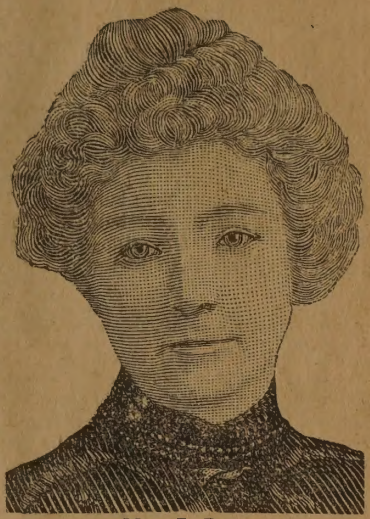
BEEF CROQUETS.

An excellent way to cook cold beef. Mince your cold beef (not too much fat) with a small onion. Season to taste with salt, pepper, and a little mace. Crumble half a slice of bread, add a dessertspoonful of flour, mix well together and bind with a beaten egg or a little milk. Roll into balls, dip them in flour or browned bread crumbs, and fry in butter or good fresh dripping. Serve with brown gravy, or with butter browned in the pan after cooking your croquets, adding water, flour for thickening, and a teaspoonful of meat extract.

CHRONIC STOMACH TROUBLE.

Operation Fails: Doctors Puzzled and Helpless: "No Hope Left."

Bile Beans Effect a Complete Cure.



Mrs. J. Pass.

MRS. JENNY PASS, of 6, Peel Street, Oldham, has told to an *Oldham Standard* reporter a graphic story of her sufferings from terrible stomach troubles, and her wonderful cure by Bile Beans after all other treatment had signally failed. Besides being well-known in Oldham, Mrs. Pass and her husband are familiar figures at the Lancashire seaside resorts as musicians and entertainers.

"For six years I was a martyr to pain and sickness," Mrs. Pass told the reporter. "I began with obstinate constipation, which at last caused a stoppage of the bowels. This caused me to have fearful pains all over my body. No matter what food I ate (and that was very little, for I scarcely ever had any appetite), I could keep nothing down. If I had a glass of milk it came back again. I could not sleep, and my husband and other relatives were compelled to poultice me every night for hours to relieve the intense pain. Every time I ate anything the pains that followed were excruciating.

TASTY DINNER DISHES.

ROAST MEATS.

Place the joint near the fire for about ten minutes before placing in the oven. This hardens the surface of the meat and keeps in all the juices. Baste the meat frequently, whilst cooking, with the fat which comes from it. The time a joint takes for roasting depends upon its size; it is a safe rule to allow for beef or mutton a quarter of an hour to every pound and a quarter of an hour over. Meat roasted in the oven never has the sweetness of meat cooked on a turnspit in a jack in front of a bright fire.

STEWED LEG OF BEEF.

Mix 1 tablespoonful of flour, pepper and salt together; cut 1 lb. shin of beef into pieces, dip each piece into vinegar, then into the flour, pepper and salt; place in a stew-jar; pour ½-pint cold water over and simmer in a cool oven for two or three hours. Boil a carrot and a turnip until quite tender, and garnish the stew with them nicely cut up.

BEEFSTEAK PIE.

Cut 1 lb. beefsteak into thin strips, about one inch wide, mix 1 oz. flour, ½-teaspoonful pepper, and 1 teaspoonful salt together, dip each piece of meat into it, then roll up with a piece of fat in the centre of each, place in a pie-dish, pour over ½-pint cold water, cover with pastry. Put it into a hot oven at first until the pastry is well risen, then allow it to cook very slowly for about two hours.

STEWED STEAK.

Make 1 oz. dripping hot in frying-pan. Cut the meat into pieces and fry it very lightly on both sides, then place it in a pan or stew-jar. Slice and fry onions and then add them to the meat. Stir 1 oz. flour in the fat in frying-pan and allow it to brown well, and add gradually one pint of hot water or stock. When it comes to boiling, pour it all into the meat, and let the whole simmer altogether for two hours in about a pint of water. Season well while simmering. The turnips and carrots may be cut into small pieces, and put into the stew with the onions, or they may be served separately.

BOILED SHEEP'S HEAD.

Steep a sheep's head in cold water for a few hours. Then cleanse. Take out brains, which wash and put aside. Put head in saucepan of cold water, and salt to taste. After boiling let simmer gently for two hours. When nearly done place brains in piece of clean white muslin, and boil for a few minutes. When brains set, chop them up and put in melted butter and chopped parsley sauce. When ready, serve head with this brains sauce poured over it.

MEAT PATTIES.

Soak 2 ozs. of bread in cold water; when soft, pour off the water and beat up with a fork. Chop ½-lb. cold meat, and add it, with ½-teaspoonful thyme and pepper and salt. Line patty-pans with pastry, put some of the mixture in each, cover with pastry, and bake in a quick oven.

"Besides trying scores of different medicines and pills, I was treated by many leading doctors; as many as three in one day. I was advised to undergo an operation, and I consented, but I was no better for it. A second operation was recommended by the doctors, but my husband objected, and said that he would rather see me die than endure such suffering. The doctors then told me that my case was absolutely hopeless: nothing could save me.

"I had by this time become almost a total wreck. My illness caused me so much pain that I was compelled to give up everything—I couldn't even do a bit of housework. I first read of Bile Beans in an Oldham newspaper, and I was so impressed with what I read that I immediately obtained a box. Before I had finished the contents I felt a little better. I persevered with Bile Beans, and the awful pains I had endured for so long were banished. It was indeed remarkable the way Bile Beans brought me round, and both my husband and I, and all who knew us, were astonished at it. I continued to take Bile Beans until I was completely cured, and to-day I feel as well as ever I did."

HOW ILLNESSES BEGIN.

IT is impossible not to connect the great prevalence of disease to-day with the debilitating influence of stomach troubles. Functional derangement of the liver, stomach, and bowels is often at the root of bodily weakness, that tired and languid feeling, those weak and unstrung nerves, acute headaches, loss of appetite, irregular bowel action, and pain and sickness after meals, which constitute a very dangerous condition at this time of the year.

Those who are run down are the first to be assailed by prevailing epidemic, and many a chill on the liver contracted at this season has been the origin of chronic liver trouble. A course of Bile Beans, by correcting the stomach, restoring the natural action of the liver, and enriching the blood, will so tone up the entire system as to expel all symptoms of debility and fortify you against epidemics.

GRILLED CHOP OR STEAK.

Place a clean gridiron over a clear fire, lay a mutton-chop upon it. Let it cook for two minutes, then turn it over to cook the same length of time on the other side; turn it every two or three minutes until done. A large chop will take fifteen minutes to cook, a small one, ten minutes. Always turn the meat over with a knife and spoon. To prick a chop or steak with a fork is to let out the gravy. Steak is cooked in the same way.

ROAST MEAT WITH SAGE AND ONIONS.

Boil 1 lb. onions until soft, then strain and chop finely. Add 1 tablespoonful of sage, 2 tablespoonsful bread crumbs, and pepper, salt, and dripping. Make an opening in the meat, put in the stuffing, fasten by means of a skewer. For cooking, allow quarter-of-an-hour to each pound of beef and quarter-of-an-hour over, and twenty minutes to each pound of pork.

FRIED LIVER AND BACON.

Fry a few slices of fat bacon until browned on both sides. Take out the bacon and place on a warm dish, leaving the fat boiling. Cut the liver into slices not more than half-an-inch thick, and place them quickly in the boiling bacon fat. Turn the liver until it is just cooked through and browned crisp on both sides. Then lift off on to dish containing the bacon. Sprinkle flour into the boiling fat remaining in pan, add a little hot water, keep stirring and boiling until it reaches thickness of cream. Then pour, while boiling, over bacon and liver in dish. The liver will be found tender and tasty. Avoid the old-fashioned practice of dipping the liver into flour or paste, as one does with fish for frying.

MEAT AND POTATO PIE.

Peel 2 lbs. of potatoes and slice them. Cut up 1 lb. to 2 lbs. of cold, cooked beef, lean and fat together. Place potatoes in a pie-dish with ¼-pint of beef gravy. Season with pepper and salt. Add 2 onions cut in four pieces. Place meat over potatoes, few more potatoes over meat, and 1 oz. of dripping on these potatoes. Put paste over top, with hole in centre, through which pour a little beef stock once or twice while cooking. Bake in hot oven about three-quarters-of-an-hour.

STEAK PUDDING.

Cut 1 lb. of stewing steak into thin strips, dip in salt and pepper, and roll out as for meat pie. Grease and line a pint basin with suet pastry, put in the meat, and pour ¼-pint water over it. Put a cover of suet pastry on the top, and steam or boil for three or four hours. If cold meat is used, stock should be substituted for water, and the pudding will not need to cook so long.

MUTTON STEW.

Take 1½ lbs. of lean neck of mutton, and trim off the fat. Cut a medium-sized white cabbage into quarters, place in a pan with the mutton, and cover both with cold water. Season with salt and a few peppercorns. Bring to a boil, and then simmer gently for two hours.

PALE, WEAKLY GIRLS.

Bile Beans Cure a Young Lady Shop Assistant's Desperate Anæmia, Strengthen her Body, and Enrich her Blood.

Miss E. Bains.

ANÆMIA among the fair sex is undoubtedly on the increase. Bile Beans are the ideal remedy for this disease and all its alarming symptoms. Anæmia means poverty of the blood. To improve the quality of the blood, the stomach, liver, and bowels, whence the blood derives its nourishment, must be kept in perfect condition. The blood is the channel through which the food we eat reaches all parts of the body, repairing and renewing worn-out tissue. If the blood is starved the body is starved also.

Bile Beans cleanse and invigorate the digestive organs, enrich the blood and give back health and strength.

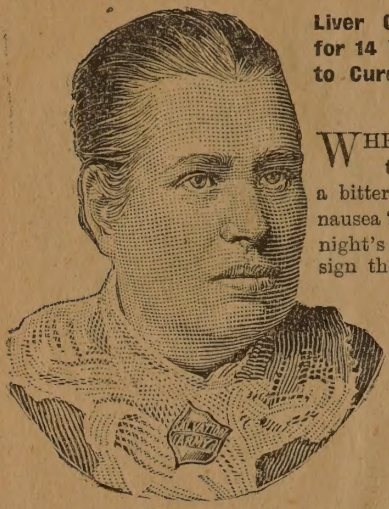
Interviewed by a Leeds journalist, Miss Ethel Bains, of 10, Cankerwell Lane, Sunny Bank, Leeds, said:—"When I was about fourteen years of age I began to be troubled with indigestion and constipation. I lost my appetite, and always had pains in my chest after meals. I could not sleep properly, and always felt tired out when I got up. My mother tried all sorts of remedies, but none of them helped me at all. I suffered from dreadful pains in my back, so that it was painful to stoop and torture to rise to an erect position. Often I was obliged to return home from work, and rest for the day to regain strength.

"I lost all my colour, and was constantly racked with heavy headaches. Then my breath was so short that I could scarcely manage to get upstairs, and any haste or effort affected my heart so seriously that I was afraid of heart disease. My feet were terribly swollen, and my face also became puffed up. I was constantly troubled with a cruel icy feeling at my throat, as if I was choking.

"The doctor said I was suffering from dropsy and anæmia, and gave me many bottles of medicines—and very nasty they were, too—but they did me no good. The fainty feelings while at my work became very frequent, and the days when I was unfit for duty came so often that I feared I should lose my situation. At last I was laid up for a whole fortnight, and was so far from being fit for work when I could get up that I had to give up my excellent berth. My feet and legs were so swollen that I could neither walk nor stand.

"That was about two years ago, and I was afraid it was a hopeless case with me, although I was then only eighteen. Just after I left off work my mother noticed a Bile Bean advertisement in the paper, and sent out for a box of Bile Beans straightaway. Soon after I started taking Bile Beans the dropsical swellings in my feet and legs were so much reduced that I could walk about quite well. Of course, I kept on taking Bile Beans, and I have never looked back from that day to this. The improvement continued steadily, and my health returned so rapidly that all my troubles disappeared, and, thanks to Bile Beans, I became a strong, healthy girl."

HAVE YOU A HEALTHY LIVER?



Mrs. Story.

Liver Complaint laid a Salvationist aside for 14 Years. Hospitals and Doctors Failed to Cure her, but Bile Beans brought her Health and Strength.

WHEN you wake up in a morning is your tongue coated with a thick fur? Is there a bitter taste in your mouth and a feeling of nausea? Do you feel heavy and tired, as if your night's rest had done you no good? That is a sign that your liver is in a bad state, and that you need a course of Bile Beans for Biliousness to put you right.

Taken in time Bile Beans will save you all the discomforts of more advanced liver trouble, such as sick headaches, giddiness, dim sight, numbed limbs, pains in the shoulder-blades, sleeplessness, low spirits, irritability, depression, and an ever-present fear of the future.

In the most obstinate and long-standing cases of liver disorder, Bile Beans for Biliousness are an unfailing remedy. Bile Beans tone-up and purify the disordered liver, and restore its natural functions. Bile Bean cures are permanent cures. Bile Beans do their

HARICOT MUTTON.

Cut 1 lb. neck of mutton into chops, melt a little dripping in an iron saucepan; when hot, put in the chops and fry until a nice brown, and then remove them; peel and slice 2 onions, fry them, sprinkle in 1 oz. flour. Let it brown slightly, then add ¾-pint cold water gradually, and stir until it boils. Wash and peel a turnip, scrape a carrot, and cut both into nice pieces; return chops to saucepan; add the vegetables, and pepper and salt, and simmer for about one hour.

STEWED RABBIT.

Wash and dry the rabbit well, cut it into small pieces, melt 1 oz. of butter in a frying pan. When this is hot, put in the rabbit and fry it very lightly on both sides; place it in a stew-pan, slice and fry two or three onions, and add to the rabbit. Pour away most of the fat from the frying-pan, put in a tablespoonful of flour, and stir until it browns nicely. Gradually add about 1 pint of hot water, keep stirring until it boils, then pour it over the rabbit and allow it to simmer gently for one hour-and-a-half or two hours, or until quite tender. Boil what turnips and carrots are required until tender, cut them up and garnish the stew with them; season the gravy to taste, and serve hot. A little bacon improves the flavour to most tastes.

BOILED RABBIT.

Choose a young rabbit. (A rabbit is young if the claws are sharp and the teeth small). Skin and wash it in cold water, then truss it: bring the hind legs forward, the fore legs backward, and the head round to the side, and fasten by means of a skewer. Have ready a pan of boiling water, with a little salt in it; put in the rabbit, and allow it to simmer gently for about one hour. A large rabbit will require one-and-a-half hours. Should any scum rise to the top of the water, skim it off gently with a spoon. When cooked, take it out of the pan, remove the skewers, place it on a hot dish, and serve with onion sauce.

ROAST RABBIT.

A young rabbit stuffed and roasted, or baked, as follows, is as good as a roast chicken. Thoroughly wash the rabbit, and wipe it dry. Line the inside with forcemeat, to which has been added the minced liver and heart. Sew the stuffing inside, skewer the head back between the shoulders. Skewer the shoulders and legs close to the body. Wrap the rabbit in buttered paper, and roast before a clear fire for about 35 minutes (according to size) basting well. A few minutes before serving, take off the buttered paper, flour the rabbit, baste with a spoonful of butter, and let it brown nicely. Take out the skewers, and serve with brown gravy and red currant jelly. If preferred, the rabbit may be baked in an oven, taking about the same time.

BOILED MARROW BONES.

Beef marrow bones, neatly sawed into convenient sizes. Cover the ends with common pastry crust, made with flour and water; tie each of the bones up in a floured cloth, and put them in boiling water, sufficient to cover the bones. Boil for two hours, and serve the bones, standing upright on napkins, with pieces of dry toast. The bones may be baked instead of boiling, taking about the same time.

beneficent work so gently and genially that children and frail invalids may take them in comfort, yet so persistently and positively that permanent cures are effected in the most obstinate cases. There is nothing "just as good" as Bile Beans for liver trouble.

Mrs. Elizabeth Ann Story, a devoted member of the local Salvation Army Corps, living at 9, Cross Street, Mount Pleasant, Gateshead, was laid aside by liver troubles for fourteen years, and during that time suffered terribly. How Bile Beans rescued Mrs. Story from her terrible plight she has just told to a Newcastle reporter.

"It is fourteen years since I first became ill," she said. "I had a strange heavy feeling in my side, and I endured agonies from pains in the small of my back, and across the kidneys. The pains were so bad at times that I could neither sit, lie, nor stand without enduring great suffering. I had absolutely no relish for food, and ate scarcely anything. During the daytime I was unable to do any work, and at night I got neither sleep nor rest. I was pining and wasting away.

"I went into two hospitals for treatment, but after I came out the old trouble always returned. The weakness hurried on the development of an abscess in my back, but though I was told there was no hope for me except in an operation, I shrank from that. I had heard of the great curative properties of Bile Beans in a case similar to my own, though nobody seemed to know what was the matter with me. The doctors I went to did me no good.

"Two years ago I began to take Bile Beans, and persisted in taking them regularly. I lost that strange heavy feeling in my side. I felt as if some obstruction was being cleared away. The pains went away, I began to take my food regularly, and found my sleep was natural and refreshing. When I began to take Bile Beans I could not do a stroke of work in the house. I thought I was at death's door. I have just done a day's washing and all my housework, and I feel quite vigorous and fresh. I can conscientiously say that my cure is entirely due to Bile Beans."

SOUPS AND GRAVIES.

STOCK.

Break up cooked or uncooked bones into small pieces, and if necessary wash them in salt and water. Put them, and any trimmings of meat you have, into a stew-jar with a teaspoonful of brown sugar and another of salt, and as much cold water as the jar will hold. Stew in the oven for at least twenty-four hours. Then strain the stock into a basin, and when cold remove all the fat.

PEA SOUP.

Soak 1lb. split peas over-night in cold water, drain the water off, add the peas to the stock, and allow them to simmer for about three hours; add turnips, carrots, onions, and other vegetables, which have been cleaned and cut into small pieces, and simmer until they are quite tender. Add a little mint; season to taste with salt and pepper.

VEAL BROTH.

Wash a teaspoonful of rice or barley, and put it with 3lbs. of knuckle veal into a pan, pour on 3 quarts of cold water. Peel and put in an onion with pepper and salt. Place the pan on the fire; when the water boils draw the pan aside, and leave to simmer for two or three hours.

IRISH STEW.

Cut 1lb. of scrag end of neck of mutton into small pieces, taking off surplus fat. Peel 2 large onions and slice them, put the meat and onions into a saucepan, pour on 1 pint of cold water, and season with pepper and salt. Cook gently for three-quarters-of-an-hour, then put in 2lbs. of potatoes, which must have been previously pared and sliced. Let all simmer for nearly an hour, or until the potatoes are ready to mash. Serve on a hot dish.

MUTTON BROTH.

Cut from the meat superfluous fat, which can be rendered down for dripping. Cut 2lbs. of neck of mutton into small pieces, and put it into a saucepan. Wash ½-teaspoonful of rice and put it in, pour on 3 quarts of cold water, place the pan on the fire to remain until the water boils, then draw it to one side to simmer for two hours. Peel an onion, scrape a carrot, pare a turnip very thickly, brush a small stick of celery, and wash all these vegetables, cut them into small pieces, and add them to the broth. Add some pepper and salt. Cook gently until the vegetables are tender.

HARICOT SOUP.

Soak 1lb. haricot beans over-night in cold water, drain them, and put them into a saucepan with 2 quarts of cold water, and 1 carrot, 1 turnip and 2 onions cut into small pieces; allow to simmer about three hours, or until quite soft. Then strain the soup through a wire sieve or colander, and rub the vegetables through with a wooden spoon. Season to taste, pour it back into the pan to get hot, then serve with toasted bread cut into small squares.

HEADACHE AND CHEST PAINS.

Miss C. Monk.

Bile Beans End a Young Lady's Acute Suffering. Strong Testimony from the N.W. of Scotland.

HEADACHES and indigestion are inseparable partners. If your stomach is in perfect order your head will be clear and bright, but when things go wrong with the digestion, dull, heavy headaches are inevitable. The surest and safest cure for headaches is Bile Beans for Biliousness, surest because they remove the cause of the trouble, and safest because they are compounded only of natural herbs, roots, and barks.

In the uttermost corners of Great Britain, the praises of Bile Beans are sung by grateful people who have proved their sterling worth. One of the latest testimonials comes from Miss Chirsty Monk, of Benbecula, a little island in the Outer Hebrides, peopled by about a thousand hardy fisherfolk and stock-raisers.

"Some time ago," says Miss Monk, "I began to suffer from headaches and pains in the chest. Always after eating I was tormented with pain, until I became afraid to take my food. At times my head was so bad that I had to keep to my bed all day.

VEGETABLE SOUP.

Put 3 quarts of bone stock into a pan, wash 2 tablespoonsful of rice, and add it with turnip, onion and celery nicely cut into small pieces, and let all simmer slowly for two hours. Then mix a tablespoonful of oatmeal with a little cold water, put in some of the hot liquor and stir into the soup. Bring it to boil, add pepper and salt to taste. Keep stirring and skim scum.

SCOTCH BROTH.

Wash 2 ozs. pearl barley and put it into a pan with 1 lb. shin beef and 3 quarts of cold water. Peel a few turnips and onions and scrape a couple of carrots, and cut them into small pieces. When the meat has boiled for about an hour, add the vegetables with chopped parsley and pepper and salt, and allow all to boil very gently for one-and-a-half-hours, or until the vegetables are tender. Season to taste.

MEAT GRAVY.

When the meat is sufficiently cooked, put it upon a hot dish and pour all the dripping from the tin into a jar; then pour some boiling water over the brown sediment which is in the dripping-tin. Add salt to taste, boil up and strain round the meat.

BROWN GRAVY FOR FISH.

Pour off all the fat from the tin in which the fish has been cooked; mix the flour with a little cold water, then add gradually the hot water. Pour it into the tin, add a tablespoonful Worcester sauce or vinegar, and pepper and salt. Stir while boiling.

GRAVY SOUP.

Three pounds of shin beef, about 2 lbs. of knuckle of veal, slice of lean ham, 2 ozs. butter, 2 onions, 2 carrots, 1 turnip, head of celery, 1 blade of mace, 3 cloves, bunch of savoury herbs, 2 lumps of sugar, 3 quarts of boiling water, salt, pepper and sauce or ketchup to taste. Bake the meat, till slightly browned, in the soup pan. Add the boiling water, taking off all scum as it rises. Add the other ingredients, and let the soup simmer for six hours. Then take it off the fire, let it settle, skim off the fat, and pass the soup through a sieve, leaving the sediment untouched at the bottom of the pan. This sediment serves well for thick gravies, hash, or Irish stew.

PEA SOUP FOR WINTER.

One quart split peas, 3 lbs. of shin beef or beef trimmings, ¼-lb. bacon, 2 carrots, 2 turnips, 5 onions, 1 head of celery, season to taste, 4 quarts of soft water. Soak the peas overnight in soft water, then boil them in the water till tender; then add the other ingredients and simmer for two hours, stirring occasionally.

A still more economical pea soup, costing about 1½d. per quart. Take ¼-lb. onions, ¼-lb. carrots, head of celery, ¾-lb. split peas, a little mint, 1 tablespoonful sugar, salt and pepper, 4 quarts soft water. Cut up the vegetables and fry them for ten minutes in a little dripping, then pour the water on them, and when boiling add the peas. Simmer gently for three hours; then add the sugar, seasoning, and mint; boil for fifteen minutes and serve.

"I went to ever so many doctors, who gave me different kinds of medicine, but none of it ever did me any good. One doctor advised me to go home and have a long rest. I did so, but still I didn't get well. Then I was persuaded to try Bile Beans. I hadn't taken many Bile Beans before I felt that they were going to cure me. The pains in my head left me, and I could eat without feeling those awful pains afterwards. I continued with Bile Beans until I was quite cured. Now I am in as good health as ever I was, and am back at my work."

CONSTIPATION, The Many-headed Giant,

Counts its Thousands of Victims Annually. A Portsmouth Woman Points to Bile Beans as The Cure for Constipation.

Mrs. Beer.

NO ailment leads to so much distress and so many different diseases and disorders of the body as constipation. It is a many-headed giant, and counts its victims by tens of thousands.

You can't afford to neglect constipation, even for a day. Constipation is one reason why you wake up in the morning with a bad headache, feeling as heavy and weary as you were when you went to bed. It is the reason why you have no appetite, no interest in life, and no hope for the future.

Neither can you afford to treat constipation as if it were a mere accident, a temporary stoppage of the digestive canal. Constipation is really a symptom of weakness in the digestive organs.

You can't put such troubles right by brute force. Imagine a man with a jaded horse which has been driven too far and too fast. The whip, smartly applied, stimulates the horse to a gallop in spite of his weary limbs, but he soon lapses into a weary walk again. Again the whip comes down, but this time it takes more whip to produce less gallop, and the oftener the whip is applied the less effect it produces, until at last the horse falls from sheer exhaustion.

That is exactly how mineral purges, mercurial preparations, and drastic drugs act on the digestive organs. They clean out the digestive canal by brute force, cause much pain, damage the delicate lining of the digestive canal, and exhaust the weakened organs. Instead of banishing the trouble permanently, they convert a temporary weakness into a chronic disease.

The consequences of habitual constipation are almost incalculable, especially amongst women. Consider for a moment that the blood is constantly absorbing nutriment from the bowels, and imagine, if you can, the effect on the liver and kidneys, which vainly attempt to purify the filth-laden blood. Follow it further and imagine the effect on all parts of the system, constantly being fed by the blood with impurities! Imagine such a state of things continued you will understand how habitual constipation causes anæmia, indigestion, liver complaint, biliousness, gout, dropsy, Bright's disease, debility, rheumatism, skin eruptions, neuralgia, sciatica, lumbago, headaches, insomnia, palpitation, and a host of other ailments; to say nothing of exposing the body to the ravages of deadly organic diseases.

Bile Beans, a purely vegetable tonic-laxative, are the ideal remedy for constipation. They act gently, persistently, positively, and painlessly. They do not *force* a passage through the digestive canal, but they promote the flow of the

natural digestive fluids by strengthening and toning-up the stomach, liver, and bowels; thus helping the organs to work out their own salvation. That is why a Bile Beans cure is progressive, positive, and permanent.

A story of great interest to sufferers from constipation has reached the ears of a *Portsmouth Times* reporter. It concerns Mrs. Violet Beer, a young woman living at 55, Agincourt Terrace, School Lane, Buckland, Portsmouth.

"After the birth of my first baby in August last, I was attacked with constipation and piles," said Mrs. Beer. "The pain and irritation I experienced were very distressing, and as I was very weak in myself my suffering was greatly increased. For a long time I was unable to find a cure, but after reading of the good Bile Beans were doing I bought some. I was then in a very bad state, having suffered continually for seven months, but by the time I had finished two boxes the constipation and piles were rapidly disappearing. I continued to take Bile Beans, and now I am quite cured."

CAN'T SLEEP?

INSOMNIA, usually attributed to brain-fag and overwork, is in reality one of the symptoms of biliousness, and is almost invariably caused by disorders of the liver, to which people of sedentary habits are peculiarly liable.

Sleepless nights are full of untold terrors. The lagging hours are made hideous with racking headaches, heavy pains under the shoulders, muscular cramps, and numbness of the limbs. The mind is tortured with anxiety, and the spirit cowed with fear for the future.

Sedatives are worse than useless, "nightcaps" a delusion, hop pillows and other quaint devices a mere evasion. The only real remedy for sleeplessness is to get at the root of the trouble. Bile Beans permanently banish sleeplessness by correcting the disordered liver and stomach, and setting right the functions of digestion.

SWEET AND SAVOURY SAUCES.

ONION SAUCE.

Peel a couple of onions, and boil them until quite tender, then chop finely. Melt 1 oz. butter in a saucepan, and stir in 1 oz. flour. When quite smooth, add ¼-pint water and ¼-pint milk, and boil well. Then add the chopped onions and seasoning, and boil again.

PARSLEY SAUCE.

Melt ½-oz. butter in a pan, and stir in 1 tablespoonful flour. When quite smooth, add ¼-pint milk or water, allow it to boil well, then add parsley chopped very fine, and seasoning.

HOT MILK SAUCE.

One pint milk, two eggs, and a cup of sugar. Heat a pint of milk, beat up the eggs and sugar, flavour with vanilla or lemon, add to the milk, and boil.

BREAD SAUCE.

One pint milk, 1 lb. stale bread, 1 onion, 1 oz. butter, pounded mace, salt, and cayenne pepper to taste. Simmer the onion in the milk till tender, then pour the milk over the bread and let it soak for an hour. Beat smooth with a fork, add seasoning, boil, and serve. Sufficient for a turkey or a pair of fowls. If preferred, stew the giblets with the onion and seasoning, and use the liquor instead of milk.

MELTED BUTTER (White Sauce).

Put 1 oz. butter into a clean saucepan, and place it on the fire. When melted, pour in 1 oz. flour, and stir to prevent it becoming lumpy. Add ¼-pint of water or milk gradually, continuing to stir until the sauce boils and becomes thick. See you do not burn it. Add ¼-teaspoonful salt. If for any savoury dish, add pepper.

SAUCE ROBERT.

For steaks, pork, cutlets, etc. Fry 3 sliced onions in 2 ozs. of butter in a stew-pan until brown. Add 1 teaspoonful of flour, and fry again; then add 4 tablespoonsful of gravy or stock, and boil gently for ten minutes. Skim off the fat, and add salt and pepper, 1 teaspoonful made mustard, and one of vinegar, and the juice of half a lemon. Let it come to the boil, and pour hot over the steak or other dish.

SAUCE PIQUANT.

For cutlets, roast meat, etc. Stew in the bottom of a pan six shalots, a small carrot, a small bunch of parsley, thyme, mint, marjoram, and half a bay-leaf, together with 2 ozs. of butter and 2 slices of lean ham. Simmer over a slow fire till the bottom of the pan is covered with a brown glaze. Stir in 2 cloves, 6 peppercorns, 1 blade of mace, ¼-pint of stock, 4 tablespoonsful of vinegar, a lump of sugar, a pinch of cayenne, and a pinch of salt. Simmer gently for 15 minutes, skim off all fat, strain through a sieve, and serve very hot. If this sauce is too acid, use less vinegar.

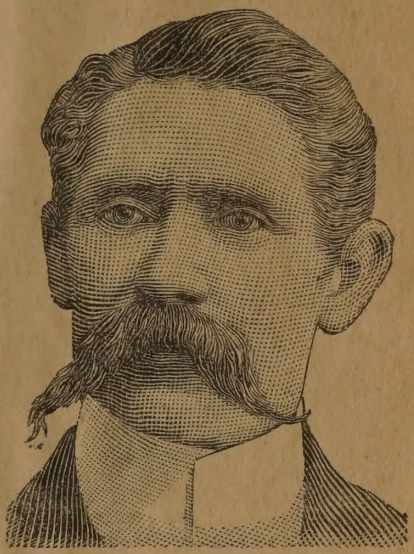
THE TORTURE OF RHEUMATISM.

Compelled to give up his Work abroad, and return to England, because of Severe Rheumatism. Now quite Well and Hard at Work again, thanks to Bile Beans.

MR. HEPPLESTON, of The York Laundry, The Glack, Upper Deal, has told a reporter of the *Dover and County Chronicle* how Bile Beans cured him of rheumatism.

"I come from Pontefract," he said, "and up to four years ago I enjoyed good health. Then I contracted rheumatic fever, and had three attacks of this painful illness. I am a bricklayer by trade, and one morning I couldn't start work because I was unable to hold my trowel. That was the first symptom, but pains spread all over my right side, and I was laid up in bed for thirteen weeks.

"In 1903 I accepted a job in S. Africa, but I had not been there long before my eyes went wrong, and I became an inmate of a hospital, suffering



Mr. Heppleston.

FISH RECIPES.

FRIED PLAICE OR SOLE.

Clean and wash the fish, cut it into three or four pieces, dry each piece with a towel, sprinkling them with flour, pepper and salt. Put a clean frying-pan on the fire with 2 ozs. lard or dripping in it; when it has become thoroughly hot (and is quite still) lay in the fish, white side downwards; fry that side a golden brown, then turn it over with a spoon and knife to cook on the other side; when done, place it upon a plate or dish. Drain off the fat. Arrange a little parsley round the edge of dish, and serve with plain melted butter or other sauce.

Some people imagine the dish is not complete unless the fish has been dipped in beaten egg and bread crumbs before being fried. The use of the egg is not necessary. A cheaper way is to make a light batter of flour and water to thickness of cream, and dip the fish in this, and afterwards in toasted crust crumbs, before dropping it into the boiling dripping. Beef dripping is the best.

BOILED FISH.

Thoroughly cleanse and wash the fish in cold water, have ready a saucepan of boiling water, with a tablespoonful of vinegar with salt in it. Place the fish in and let it simmer gently, allowing ten minutes to every pound, and ten minutes over; an ordinary saucepan will boil fish, but it must be put into a clean cloth, and tied up, to prevent the fish breaking.

FRIED FISH.

Wash 1 lb. ling, cod, or other white fish thoroughly, then dry it and cut it into a few pieces. Put 4 ozs. of flour into a basin, mix it to a nice stiff batter with ½-pint of lukewarm water, adding the salt; dip each piece of fish into this, and fry in boiling dripping or butter for about five minutes. Drain well, serve on a hot dish and garnish with parsley.

BAKED FISH STEAKS.

Cut 1 lb. of cod, halibut, or other thick fish into steaks, and wash and dry them well. Mix a tablespoonful of browned bread crumbs and pepper and salt together. Make 2 ozs. dripping or butter quite hot in a baking-tin, dip each steak of fish into the bread crumbs. Cook in a hot oven for about twenty minutes, basting frequently.

PICKLED MACKEREL.

Six Mackerels, 1 quart of vinegar, 2 ozs. peppercorns, 2 ozs. whole ginger. Thoroughly clean and dry mackerel, cut off heads, and divide each into three pieces. Do not split them down the centre. Dust inside each piece with pepper and salt, place a layer in brown earthen jar with lid, and sprinkle a few peppercorns and some pieces of bruised ginger, and so on till jar is full. Cover with vinegar, put lid on, or thick brown paper, tie down tight, and bake in a slow oven three or four hours, and, if possible, let it remain in oven till cold. This is an excellent recipe for keeping. Fresh herrings cooked in the same way, counting four herrings instead of one mackerel, make a delightful dish.

from bodily rheumatism, and I was detained for three months. When I left the Institution I was a complete wreck, and although I could earn good wages when well enough to work, I was so ill that I had to return to England.

"I continued to suffer severely, and my left arm became quite useless. Then I read in a book of a case similar to mine which had been cured by Bile Beans. My wife bought me a box of Bile Beans, and after I had taken them I felt a great deal better. I had a few more boxes, which did me a world of good. I didn't feel like the same man. I could do my work again without pain. All my friends know of the great good Bile Beans have done me."

SICK HEADACHE.

Beware of the Disastrous Habit of Drug-Taking.

SICK HEADACHE is one of the most prominent symptoms of bilious attacks. The signs of its approach are a heavy aching pain in the front of the head, and a sickly loathing of food or even the thought of it. Then the headache gets so severe that the sufferer often collapses, cannot bear the light, and turns "light-headed." Bright specks dance before the eyes, and violent paroxysms of sickness seem almost to tear the body asunder.

Sufferers often fly to desperate remedies for ease, and only too often the disastrous habits of drug-taking and dram-drinking are commenced in this way. The only genuine remedy is "Bile Beans for Biliousness," which strengthen the liver and cleanse the blood of biliary poisons. They will permanently remove the cause, banishing sick headaches from your life altogether. Don't forget that a Bile Bean at noon and a Bile Bean at night will keep your digestive organs in such sound health that headaches will be unknown.

POULTRY RECIPES.

ROAST FOWL.

Stuff the fowl with good forcemeat (see "Forcemeats and Stuffings"). A medium-sized fowl should be roasted three-fourths of an hour before a clear fire, but half-an-hour is enough for a chicken. The breast should be covered with buttered paper, and the fowl well basted whilst roasting. Ten minutes before serving remove the paper, dredge the fowl with fine flour, and baste with a little butter. Serve with good brown gravy and sausages.

BOILED FOWL.

Put the fowl into a stew-pan, with plenty of hot water, and bring it to a boil. Then simmer gently, for the slower it boils the plumper and whiter will the fowl be. If liked very white, put a few slices of lemon on the breast, cover with a sheet of buttered paper, and a floured cloth. Boil from twenty to forty minutes, according to size and age of the fowl. Serve with white sauce, parsley sauce, or liver sauce. Usually, boiled ham, bacon, or tongue, is served with boiled fowl.

CHICKEN CURRY.

Remains of cold roast fowls, 2 onions, 1 apple, 2 ozs. butter, 2 teaspoonsful curry powder, 1 teaspoonful flour, ¼-pint brown gravy, 1 tablespoonful of lemon juice. Slice the onions, mince the apple, cut the fowl, and cook to a nice brown in the butter; add the curry powder, flour, and gravy, and stew gently for twenty minutes. Add the lemon juice, and serve with boiled rice.

ROAST GOOSE.

Stuff with sage and onions (see "Forcemeats and Stuffings"). Roast before a clear, brisk fire from one-and-a-half to two hours, according to size, basting thoroughly. Serve with tureen of good brown gravy and one of apple sauce. Gravy made from the giblets is best. Those who like well-seasoned dishes should try the following sauce for roast goose: To a glass of port wine add a teaspoonful of made mustard, a pinch of salt, and a few grains of cayenne pepper. Mix thoroughly, and pour into the goose, just before serving, through a slit made in the apron.

ROAST TURKEY.

Choose a middling-sized, fleshy bird, and see that the eyes are not sunk, the feet very dry and rough, or the spurs long. Very large birds are apt to be tough. Fill the breast with forcemeat (see "Forcemeats and Stuffings"). Cover breast with buttered paper, and set before a clear fire. For the first fifteen minutes keep the bird a little distance from the fire, drawing it nearer afterwards. Roast from one-and-a-half to three hours according to size, basting well. Ten minutes before serving remove the paper, dredge the bird lightly with flour, and baste with a little butter melted in the ladle. Serve with brown gravy, bread sauces, and sausages or forcemeat balls

NEURALGIA CURED.

A Grateful Woman Relates how Bile Beans Ended her Terrible Suffering.

Mrs. A. E. Pottage.

POVERTY of the blood is one of the principal causes of neuralgia. It is a sure sign that your general health is below par, and that your nerves need nourishing. Bile Beans cure neuralgia by setting right the functions of digestion and nutrition, thus feeding and strengthening the blood, and keeping the nerves healthy and active.

Mrs. Annie Elizabeth Pottage, of 51, Nornabell Street, Holderness Road, Hull, has told a *Hull Daily News* reporter how Bile Beans ended years of suffering from neuralgia. "The neuralgia brought on toothache and sickness," she said. "I used to be very sick for two days together. At night I couldn't sleep at all for the terrible pain, and during the daytime I was weary and listless. I went to the infirmary and the dispensary for treatment; I have had seven teeth drawn out at one time, but in spite of it all I got no better.

"A short time back I tried Bile Beans, and I soon noticed an improvement in my health. I continued taking Bile Beans, and I was delighted to find the improvement continued. Now my health is much better than it has been for years; I sleep well, and am healthy and strong. Since I took Bile Beans I have not had a touch of my old complaint."

WHAT IS INDIGESTION?

DO you suffer from Indigestion? There are almost as many forms of this ailment as there are hours in the day, and some of them are most alarming. That sour taste in your mouth after meals is one form of indigestion; that severe pain after eating, and the pain that begins some hours after eating are other forms. Then there is that changeful appetite: you sit down to table as ravenous as a wolf, but before you have eaten enough for a rabbit you feel as if you had eaten an ox—that's another kind of indigestion. Do you feel heavy, dull, and listless all day, and sleepless at night? That is another kind of indigestion; and in yet another form you rise in a morning with dry, parched tongue and a feverish headache.

Sometimes there is pain and distension of the abdomen. That is indigestion, too; and there are many other forms, for digestion is really the journey of the food along a tube nearly ten yards long, and its transformation into new blood during that journey.

Bile Beans exert a wonderful influence on disordered digestion. They increase the flow of the digestive fluids all along the tract; saliva in the mouth, gastric juices in the stomach, bile from the liver, and pancreatic juice from the sweetbread. Bile Beans also tone up the muscles of the digestive tube, thus promoting that peculiar action which keeps the food in constant motion during digestion, a sort of "chewing the cud" motion, which plays an important part in the work of transforming food into blood, and in keeping it sweet during the process.

COMPLICATIONS FROM BILIOUSNESS.

How other Organs Suffer in Sympathy.

THE great variety of bilious attacks is responsible for the notion that Bile Beans cure many different ailments.

The signs of bilious attack vary according to the organ most influenced by the disorder. If the *Stomach* is the sympathising organ the tongue is coated white or brown, there is nausea, water brash, vomiting, loss of appetite, flatulency, acidity, indigestion, fulness, oppression, and pain after meals.

If the *Bowels* are affected there is constipation, or sometimes diarrhœa, colicky pains, wind distension, and piles.

When the *Lungs* are influenced, there will be pains in the chest, a dry cough, asthma, hurried breathing, bronchitis, and hoarseness.

When the *Heart* is affected there is impeded circulation, palpitation, faintness, and shortness of breath.

When the *Brain and Nerves* are in sympathy there is headache, neuralgia, sciatica, dizziness, sleeplessness, low spirits, peevishness, and lack of energy.

When the *Skin* is involved, the face takes on a dull tawny colour, sometimes with dark blotches and numerous pimples and sores, while boils and carbuncles appear on the body.

When the *Kidneys* are affected there is pain and a sensation of weight in the small of the back.

All these conditions re-act on the liver, and the vicious round is continued indefinitely, producing congestion, inflammation, and induration of the liver, and causing dropsy, Bright's disease, jaundice, ulcerations of the stomach, bowels and lungs, rheumatism, gout, and other serious maladies.

Avoid harsh and drastic purgatives, stimulating tonics, and corrosive mineral medicines, which are worse than useless, as the liver always relapses into a more torpid condition after such unnatural treatment. Bile Beans, because of their unique herbal composition, are an ideal remedy.

FORCEMEATS AND STUFFINGS.

The principal ingredients in all forcemeats are suet, bread crumbs, and herbs, and the first principle of success is the rule that all these ingredients *cannot be chopped too fine*. The suet should be thoroughly chopped, the bread finely grated, and the herbs completely minced. Two other general rules for forcemeats are worthy of remembrance:—(1) Always let the flavour of one herb or spice predominate over all others, and (2) Be sure to mix all your ingredients thoroughly.

FORCEMEAT FISH BALLS.

Take a lobster or crab of middle size, one head of boiled celery, yolk of one hard-boiled egg; salt, cayenne, and mace to taste; a teacupful of bread crumbs, 2 ozs. butter, and 2 eggs. Pick out the meat of the lobster or crab and pound it fine, with the celery, hard egg yolk, seasoning, and bread crumbs. Pound until well mixed, then beat up the butter and eggs, and work them into the meat. Make up the balls, and fry to a nice pale brown. Serve hot.

FOR BAKED FISH.

For baked haddock, cod, halibut, and various kinds of fish. Take 1 oz. butter, 1 oz. suet, 1 oz. fat bacon, 1 teaspoonful of mixed savoury herbs (including parsley), a little shredded onion, salt, nutmeg, and cayenne to taste, 4 ozs. bread crumbs, and 1 egg. Mince, mix, and bind with the beaten egg, as usual. Anchovies may be added, if liked.

FOR FOWL, GAME, VEAL, &c.

Two ozs. of ham or bacon, ¼-lb. suet, rind of half a lemon, teaspoonful of minced parsley, teaspoonful of minced sweet herbs, salt, cayenne, and mace to taste, 6 ozs. bread crumbs, 2 eggs. For forcemeat balls, make up as before, or, if preferred, bake the forcemeat in the oven for half-an-hour. If used for roast hare, the liver of the animal should be boiled for five minutes, minced very small, and mixed with the forcemeat.

SAGE AND ONIONS.

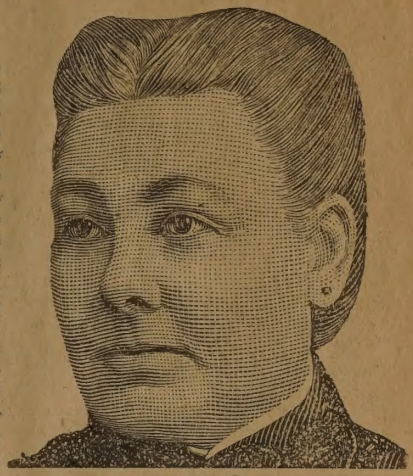
Peel 4 large onions, place them in hot water, and simmer gently for five minutes. Drop 10 sage leaves into the pot, just before removing the onions. Chop onions and sage together, add 4 ozs. of bread crumbs, 1½ ozs. butter, and work all well together, with the yolk of 1 egg, seasoning with salt and pepper. A tablespoonful of milk may be used instead of the egg. Sufficient for a goose or a pair of ducks. If used for goose, parboil part of the bird's liver, chop fine, and mix with the stuffing.

FISH CAKES.

Soak ¼-lb. of bread in milk until quite soft, then squeeze as dry as possible, and beat with a fork until quite fine. Remove all skin and bone from the fish, and break into small pieces; mix with the bread, add pepper, salt, grated lemon rind, and a little ground mace, an egg beaten, and butter melted. Make into small flat cakes, brush them over with egg, cover them with bread crumbs, and fry in very hot butter a nice brown.

A WOMAN'S MESSAGE TO WOMEN.

Bile Beans Tided Her over a Critical Period.



Mrs. Southwell.

OF all the critical periods which crowd a woman's life, the most dangerous of all is the "grand climateric," that great period of change when Nature finally removes the functions of maternity. Even to the strong and healthy this period is a time of great anxiety, calling for extreme care, but to the weak and ailing the change almost inevitably causes chronic invalidism and a miserable old age.

Bile Beans are invaluable for all women's weaknesses and ailments.

Mrs. Eliza Southwell, of 7, Vermont Villa, Vermont Street, Hull, says:—"Two years ago my health broke down completely. I could not eat to keep my strength up, and what little food I took would not remain on my stomach. The constant sickness reduced me to a state of prostration, and I suffered agonies from neuralgia. I thought that I had a cancer forming in my inside, but it was really the change of life with me. I consulted a doctor, but his medicine did me but little good. Then I tried Bile Beans. I am delighted to say that I am now quite well and strong. Bile Beans have saved my life."

VARIOUS VEGETABLES.

BOILED POTATOES.

Scrub and wash them thoroughly in cold water; pare very thinly, as the most nutritious part of the potato lies just under the skin. If large, cut through centre lengthways. Put them into a saucepan with sufficient cold water to cover them and as much salt as will make the water taste; bring slowly to the boil, and simmer very gently until tender. Drain the water off, and put the pan on the fire with the lid partly off for a few minutes, or until quite dry.

STEAMED POTATOES.

Wash them, and peel off a thin paring; take out the eyes, wash and put into a steamer over a pan of boiling water. Sprinkle a little salt over them; cook until a fork will go into them easily. If the potatoes are unequal in size, put in the larger ones for a short time before you put in the smaller ones.

ROASTED POTATOES.

Choose the potatoes as near as possible of one size, wash them, wipe dry, put into a hot oven, and cook for one hour.

FRIED POTATOES.

Peel and cut potatoes into thin slices; melt plenty of dripping in a frying-pan, and drop the potatoes into the hot fat, frying them on both sides until nearly cooked. Then take the potatoes out and let the fat come to a boil. Put the potatoes back for two or three minutes. The second frying causes the potatoes to "puff," and makes them very light and crisp. Cold boiled potatoes can be cooked in the same way, but the slices should be thicker.

BOILED CAULIFLOWER.

Choose a cauliflower that is close and white, take off any decayed or withered leaves, cut the stalk off as close as possible. Have ready a bowl of cold water, containing a handful of salt, place the cauliflower head downwards into this and let it remain for half-an-hour to draw out any insects there may be in the flower or leaves. Put into a pan containing 3 quarts of boiling water and a dessertspoonful of salt. Cook for twenty or thirty minutes, the lid left off. When the stalk feels tender, it is done. Serve with melted butter.

MASHED TURNIPS.

Take the quantity you require of white turnips, pare the outer skin off, then the second fibrous covering, which would never boil soft. Wash the turnips and cut them each into four pieces, put them into a pan full of boiling water, add one dessertspoonful of salt, cook until tender. Drain the water away, put a little butter and milk into a jar, place it into the oven to warm. Now rub the turnips on a wire sieve, or a colander, with a wooden spoon. Pour in the warmed milk and butter, put in a little pepper, mix thoroughly, warm them in the pan again for a few minutes.

FOREST

THERE is an inborn idea in people's m
mineral drugs. This belief modern s
Pills composed of calomel or mercury in an
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There is something still stronger to say for
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contain certain rare vegetable extracts, but thes

ROM TO PATIENT.

that vegetable medicines have unlimited advantages over those made up of
has been able to entirely confirm.
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Beans account for their unusual excellence. First the purity and strength
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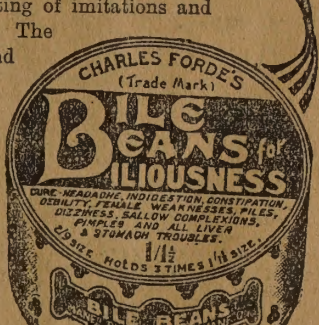

CHARLES FORDE'S
(Trade Mark)
BILE BEANS for BILIOUSNESS
CURE HEADACHE, INDIGESTION, CONSTIPATION, DEBILITY, FEMALE WEAKNESSES, PILES, DIZZINESS, SALLOW COMPLEXIONS, PIMPLES AND ALL LIVER & STOMACH TROUBLES.
1/9 SIZE HOLDS 3 TIMES 1/1½ SIZE.
1/1½
BILE BEANS
MADE BY BILE BEAN MANUFG. CO.

Beans than that they are made up of vegetable
uniqueness of the prescription itself. A strange
ng Bile Beans, but it *doesn't* follow that he is able
t a blade of grass is made of; but no scientist has
n hands. The point is this: Bile Beans not only
acts are brought together and united in a certain

manner dictated by long scientific experience and observation, and in a manner which multiplies, instead of counteracts the virtues of each ingredient. One ingredient, for instance, has a special power over the liver, and regulates the flow of bile; another directly assists and strengthens the stomach; others again exert a wholesome influence over the bowels, and so on. But not one of the ingredients interferes with the rest. There is perfect harmony of action, the disordered conditions which are causing trouble and menacing life are corrected, and new vigour and vitality is firmly established throughout the body, blood, and nerves.

Of *no* mineral drugs, and of no common-place remedies, can it be said that they have a wholesome and far-reaching influence such as is possessed by Bile Beans. By drugging the body with mineral drugs or cheap substitutes, you may appear to gain some relief. But it is the case again of whipping the jaded horse. The second state is worse than the first. The stomach and liver are left untouched; the functions are stimulated but not strengthened; the body is worn out. Bile Beans on the other hand are slow, sure and searching; they are Nature's own cure for everyday ills. Their action is constant, always the same. Bile Beans reach the root of the trouble. They consequently produce a change in the body, in your spirits, in your blood, and in your nerves and muscles, such as is not to be expected from ordinary pills, tonics, and substitutes. Moreover, Bile Beans leave behind no trace of irritation; no evil effects whatever. The benefit derived is lasting and complete. For this reason they are equally valuable to the sickly wife, the anæmic girl, and the bread-winner worn out by the hustle and worry of present-day toil.

Briefly, it is because of their unique composition and disease-uprooting power that over 750,000 doses of Bile Beans are taken daily in English-speaking climes. Every family medicine cupboard should contain a box.

BOILED CABBAGE.

Soak the cabbage in cold water, with a tablespoonful of salt in it, then put into boiling water, with salt. Boil quickly until tender. Drain well before serving.

BRUSSELS SPROUTS.

Wash Brussels sprouts well in cold water and salt. Boil them in plenty of boiling water, with a little salt. When done, strain, allow to dry, and serve quite hot.

FRENCH BEANS.

Cut off a small piece from each of the beans and remove the string from each side, then cut them into strips slanting lengthwise. Let them stand in cold water and salt a few minutes, then place them in boiling water, add a little salt, and cook until tender. A pinch of carbonate of soda in the water will keep them green, and there should be no lid on the pan while boiling.

TO BOIL NEW POTATOES.

Wash your new potatoes well, rub off the skins with a coarse cloth, and place them in *boiling* water, with a tablespoonful of salt to every gallon of water, and a sprig of fresh mint. When tender, pour away the water, and stand them by the fireside with the pan partly uncovered. When thoroughly dry, serve in a hot dish with a piece of butter. New potatoes should be fresh dug, as they are never so good when they have been out of the ground for some time.

POTATO SNOW.

Boil some large white potatoes in their jackets, in salt and water, till quite tender. Dry them thoroughly before the fire, and peel. Rub the potatoes through a sieve on to a hot dish before the fire, taking care not to touch the potatoes after leaving the sieve, or the flakes will fall. Serve very hot.

POTATOES IN SAUCE.

Boil sufficient potatoes, in salt and water, in their jackets. Let them cool, then peel and cut them into thick slices. To every 6 potatoes, allow 1 tablespoonful of mixed parsley, 2 ozs. of butter, 4 tablespoonsful of gravy, 2 tablespoonsful of lemon-juice, and seasoning to taste. Melt the butter in a stew pan with the parsley, gravy and seasoning, and mix well together. Put in the sliced potatoes and make them quite hot, though taking care to shake them occasionally to keep them covered with the sauce. Squeeze in the lemon-juice just before serving.

HARICOT BEANS.

Soak 1 lb. of haricot beans all night in cold water, then strain them, and put them into a saucepan of boiling water, with salt; simmer gently for two hours, or until quite soft. Drain the beans, return them to the saucepan with 1 oz. of butter, a tablespoonful of chopped parsley; stir over the fire for a few seconds, and serve hot. Salt and pepper to taste.

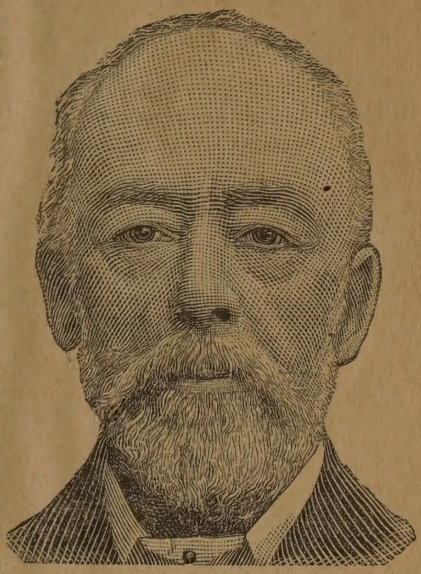
PILES FOR 27 YEARS.

A Portsmouth Founder's Long and Acute Suffering Ended by Bile Beans

MR. FRANCIS HENRY FOSTER, living at 27, Clifton Terrace, Eastney Road, Eastney, Portsmouth, told a *Portsmouth Times* representative that he was sixty-three years of age, and had put in sixteen years' service in Portsmouth Dockyard.

"For twenty-seven years I suffered off and on from bleeding piles," he said. "I was seldom free from them, and sometimes the attacks would last for a month. The pain I endured was very distressing, and at times I could not sit down or walk about. Attacks would come on when I was in the street, and then it took me all my time to reach home.

"I tried almost all the remedies I heard of, but never got any relief until I commenced to take Bile Beans. After I had taken only a few boxes there wasn't a trace of piles about me. It is eleven months since I had an attack of piles, so my cure is permanent."



Mr. Foster.

WHOLESOME PUDDINGS.

YORKSHIRE PUDDING.

Mix 4 tablespoonsful of flour and ½-teaspoonful of salt together. Beat up 1 egg and add ¼-pint milk to it, pour gradually upon the flour, mix thoroughly, and beat the mixture until it is quite smooth and light. Melt some beef dripping in a pudding tin, and when it is quite hot pour in the mixture and bake about half-an-hour. Cut into squares and serve hot. The batter is lighter by standing some time before it is baked.

PLAIN SUET PUDDING.

Chop 2 ozs. suet very finely, add it to ½-lb. flour and ½-teaspoonful of baking powder, and a little salt. Mix with sufficient cold water to make a stiff batter. Pour it into a greased basin or pudding cloth, and steam or boil for two hours.

APPLE PUDDING.

Chop 2 ozs. of suet finely, and mix it with ½-lb. flour, adding ½-teaspoonful of baking powder, and a little salt, and sufficient cold water to mix it to a stiff paste. Knead the paste until smooth, then roll out. Grease a pudding basin and line it with the paste, half fill it with peeled, cut and cored apples, and sprinkle some sugar over. Fill the basin up with apples, adding more sugar and a little cold water. Make a cover of paste for the top, wet the edges with cold water and press them together. Place the basin in boiling water and boil, or, if preferred, steam for about three hours, then turn out upon a hot dish and serve with sweet sauce. Puddings with other fruit may be made in the same way.

MILK PUDDINGS.

Two small tablespoonsful of rice, sago, or tapioca, 1 tablespoonful of sugar, 1 tablespoonful of finely chopped suet or a little butter, 1 pint of milk, pinch of salt. Put in a greased pie dish and allow to cook in a cool oven for about two hours. A beaten egg may be added with advantage, especially in the sago and tapioca pudding.

BREAD AND BUTTER PUDDING.

Put slices of bread and butter into a pie dish, use 2 ozs. currants, a portion sprinkled between each layer and on the top; pour a beaten egg and 1½ oz. of sugar in 1 pint of milk over the bread and butter, and bake in a moderate oven about one hour. This pudding is better for standing a little time after it is made before being baked.

ROLY-POLY PUDDING.

Put ½-lb. flour into a basin, add 2 ozs. suet chopped finely, a pinch of salt, and ½-tablespoonful of baking powder, with sufficient cold water to make a nice paste. Knead until smooth, then roll out into a long thin piece, spread jam over it, keeping it away from the edge. Roll up the paste, press the ends together, and put it in a well-floured pudding cloth, tie it tightly up, place in a pan of boiling water, and boil for one-and-a-half hours.

THE DANGERS OF LIVER CHILL.

Bile Beans keep your Liver Healthy and Active.

A SLUGGISH liver is peculiarly susceptible to congestion by sudden and severe chill through exposure to wet and cold weather. Because the symptoms of liver chill are not so readily recognised as those of a cold in the head or a cold on the chest, many people suffer from the serious consequences of such an attack without knowing the cause. If you keep your liver healthy and active by timely doses of Bile Beans, taken whenever headaches, nausea, furred tongue, or constipation indicate sluggishness, you never need fear an attack of liver chill.

The symptoms of a definite attack of liver chill should be the signal for a course of Bile Beans for Biliousness, and a judicious change of diet and clothing. When a sudden shivering fit comes over you, a sense of cold all over your body, shooting pains in the muscles, twinges of neuralgia or rheumatism, liver chill has you in its grip. These chills are not only unpleasant and weakening, but they open the door to many diseases.

There are many reasons why you should take Bile Beans for Biliousness, and the greatest of these reasons is that the Bile Bean way is Nature's way. Bile Beans do not force unnatural and artificial action of the stomach or liver, but they strengthen and help the natural functions of the body and restore the balance of health. They keep you supplied with an abundance of vitality, and enable you to face the severest weather without fear. Bile Beans are compounded only from pure herbs, roots, and barks, and are entirely free from minerals and drastic drugs. A Bile Bean after dinner and a Bile Bean at night will ensure sound health at all times.

CORNFLOUR MOULD.

Put 2 tablespoonsful cornflour into a pan and mix it to a smooth paste with 1 pint milk, and a little flavouring, and allow to boil for about five minutes. Add 1 tablespoonful sugar, and pour into a wet mould. When cold, turn out, and serve with jam or stewed fruit.

APPLE DUMPLINGS.

Peel 6 medium sized apples very thinly, and core them, but do not cut them up. Cut ½-lb. short pastry into 6 pieces and roll each piece into a ball. Take an apple and work it into the centre of each ball of paste, and put a clove and some sugar into the centre of each apple before closing the paste. Place on a greased tin and bake slowly for about half an hour.

LEMON BREAD PUDDING.

The grated rind of 1 and the juice of 3 lemons, 3 cupsful of bread crumbs, ½-cupful of butter and 2 cupsful of white sugar. Mix well together and lay half of it in a well-buttered tin mould. Make a custard of 1 pint of milk, a pinch of salt and 3 well-beaten eggs, pour half of it over the mixture in the mould, add the remainder of the bread crumb mixture, and moisten with what is left of the custard. Put the mould in a steamer and steam from one-and-a-half to two hours. Serve with rich sauce.

LEMON RICE.

Boil one cupful of rice in a quart of milk until very soft, add to it while hot the yolks of 3 eggs, well beaten, the grated yellow rind of 2 lemons, 8 tablespoonsful of sugar, and a pinch of salt. If too hot add a little cold milk. Turn it into a pudding dish, and cover with a meringue made with the whites of the eggs and 6 tablespoonsful of sugar whipped to a firm snow. Brown very delicately in a slow oven, and serve very cold. A cheap but delicious pudding.

GARDEN OF EDEN PUDDING.

Mix ¾-lb. of grated bread with the same weight of shred suet; 1 lb. of apples, ½-lb. of currants, 4 eggs and the rind of half-a-lemon chopped fine. Mix all well together, and boil for three hours in a pudding basin or shape. Serve with melted butter sauce. A fine pudding for parties and special days.

ECONOMY PUDDING.

Take ½-lb. bread crumbs, ½-lb. currants, ½-lb. apples (minced), ½-lb. suet, 1 egg, 1 teaspoonful lemon juice, 1 teaspoonful grated lemon rind, 1 tablespoonful fine sugar, a grating of nutmeg. Mix all into a fairly stiff dough, adding a little milk, place in a well-buttered basin, and steam for three hours. Serve with plain sauce, flavoured with lemon rind and nutmeg.

ECONOMY CUSTARD.

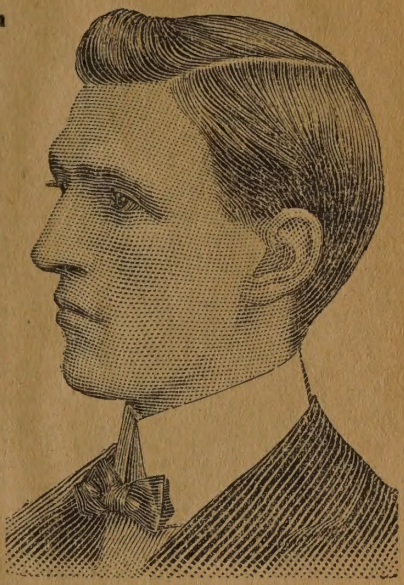
One pint milk, 2 level teaspoonsful cornflour, 1 egg. Mix the cornflour with ½-cupful cold milk, boil the rest of the milk; stir in the cornflour, and boil for two minutes. Stir in the egg, well beaten, while the cornflour is still hot.

FOOD DISAGREED WITH HIM.

Young Man's Troubles from Stomach and Liver Disorders Banished.

MR. FREDERICK J. MILLER, of 34, Hind Street, Poplar, London, E., in the course of an interview with a local reporter, told how some time ago he became a sufferer from biliousness and indigestion.

"It was a new and very unpleasant experience for me," he said. "My food —whatever it was—disagreed with me, and every meal was followed by sickness. I also suffered from pain in the chest, and my face soon told the tale of my condition. Then I heard of Bile Beans, and was advised to try them. When I commenced to take Bile Beans I was very bad, but Bile Beans soon began to effect an improvement. The biliousness disappeared, there was no more sickness, and within a short time I had returned to my normal healthy condition. It is remarkable, I think, that within a comparatively short time after commencing with Bile Beans I was taking food without the slightest fear of the consequences. Of course, that meant everything to me, but I have continued to take one Bile Bean after dinner every day, and the result has been that I have kept myself thoroughly fit."



Mr. F. J. Miller.

Mr. Miller is only one out of many who have proved the value of a Bile Bean after dinner. Even the healthiest of people find that a Bile Bean helps them to digest their food and to keep the functions of the liver and stomach working properly. Bile Beans are bound to do good, because they contain only the essences of roots, herbs, and barks of the purest kind.

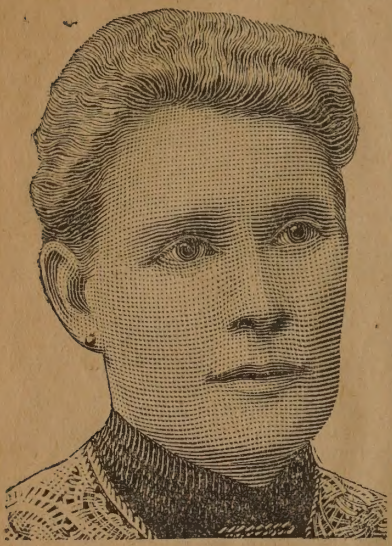
RHEUMATISM—How it is Caused & Cured.

MOST people have foggy notions about rheumatism. Eminent doctors have agreed that it is caused by an excess of acid in the blood, though they still disagree about the exact kind of acid which causes the trouble. A deep-rooted notion prevails that exposure to cold, and especially to wet, is the cause of rheumatic attacks.

The truth is that rheumatism is directly due to bad digestion, which pollutes the blood with acid impurities. Exposure to weather, damp beds, and draughts, bring the trouble to a head by crystallizing the acid in the joints or in the muscles, thus localizing the pain. Plasters, rubbing, embrocations and liniments, can only dislodge the pain. They do not remove the cause or cleanse the blood.

Bile Beans get right at the root of the trouble. They first set the digestion right and stop the supply of poisonous acid. Then they help Nature to cleanse the whole system of the accumulated poison in the blood. That is why a Bile Bean cure of rheumatism is a thorough and permanent cure.

GASTRIC INFLUENZA.



Miss Walker.

Bile Beans banish Severe Pains and Weakness, and Restore Health.

GASTRIC INFLUENZA is very prevalent during the cold season. It is due to low inflammation of the stomach, and is often one of the after-effects of an attack of influenza or a severe cold.

Bile Beans have achieved wonderful results in many cases of gastric influenza, the pure herbal tonic alteratives of which Bile Beans are wholly composed having the effect of restoring the normal healthy condition of the inflamed linings of the stomach and bowels, regulating the secretion of the gastric juices, and setting the delicate machinery of digestion and nutrition in perfect working order.

Miss Emily Walker, of 6, Tenham Avenue, Streatham Hill, S.W., has proved the value of Bile Beans. "In February last I was attacked by gastric influenza, as the doctor called it," she told a newspaper reporter. "I had severe pains in the side after the fever left me, and I thought it was an attack of ulceration of

SILVER PUDDING.

Four lemons, ¼-lb. sifted sugar, half of a sixpenny packet of gelatine. Dissolve the gelatine in a breakfast-cupful of water over the fire. Whisk the whites of 2 eggs, the juice of the lemons, and the whole of the other ingredients together for half-an-hour. Put into a damp mould and turn out when set. Make a custard with the yolks of the 2 eggs, a little sugar, and ½-pint of milk. When the custard is cold, pour round the pudding, which should be placed on a glass dish.

SAVOURY PUDDING.

Peel 3 large onions, put them into a pan of water to cook until tender, then drain away the water and chop finely. Shred and chop 4 ozs. suet, crumble 4 ozs. bread or soak it in milk, rub ½-oz. dried thyme and 1 oz. dried sage between the palms of the hands to a fine powder, and beat 1 egg. Put all these into a basin, add pepper and salt, and mix well together. Put 1 oz. dripping into a pudding tin and into the oven. When tin is thoroughly hot pour the pudding in. Put back into the oven to cook about an hour.

MARMALADE PUDDING.

Chop 2 ozs. suet very finely, add it to ¼-lb. flour, 1 oz. sugar, a little salt, and ½-teaspoonful baking powder; chop 4 tablespoonsful marmalade finely, and add it with sufficient milk to make a nice stiff batter. Grease a pudding basin, pour in the mixture, cover with a greased paper and steam for two hours. Serve with marmalade or sweet sauce.

CUSTARD PUDDING.

Beat 2 eggs well, and add 1 tablespoonful sugar, 1 pint milk, and a little salt. Pour into a greased pie-dish, grate a little nutmeg over, and bake very slowly for one hour.

OATMEAL PUDDING.

Pour a quart of scalding milk over 12 ozs. of oatmeal and let it stand all night. Next morning stir in a beaten egg and a pinch of salt and a very little grated nutmeg. You may, if you like, add a few raisins. Boil in a buttered mould for about two hours, and serve with hot syrup or sweet sauce.

GINGER PUDDING.

Half-a-pound of flour, ¼-lb. shredded suet, 3 tablespoonsful of golden syrup, 1 teaspoonful baking powder, 1 teaspoonful ground ginger, 1 egg, and a little milk. Steam for three hours in a buttered basin. Serve with melted butter sauce sweetened, or with custard.

FIG PUDDING.

Mix ¼-lb. bread crumbs with equal weights of flour, sugar, and finely chopped suet. Add ¼-lb. of figs cut into small pieces, and ½-teaspoonful of bi-carbonate of soda. Mix all well together, stir in a beaten egg and sufficient milk to make a stiff batter. Pour into a buttered basin, cover it with buttered paper, and steam for two-and-a-half hours. Don't make the batter too thin or the figs will sink to the bottom.

the stomach, which I had had some years previously. I could not lie down in bed, nor could I cough or sneeze without enduring great pain. As for sleep or rest, that was impossible. I was in a very weak state, as you can well imagine.

"One day I happened to be looking through one of the Bile Bean books, and noticed the report of a cure of one who had been suffering like myself. I made up my mind at once to give the remedy a trial, and am glad that I did so, for I found that they gave me great relief. I kept on with Bile Beans, and finding that I was quite better I left off taking them about two months ago. My general health has been better since I took Bile Beans than for a long time previously."

A TONIC FOR BUSY FOLK.

THE stress of modern business life; the worries of a home, burning the candle at both ends; the keen competition, and consequent overstrain of nerve, brain, and body; all are telling their tale on our vitality, undermining the strongest constitutions. Both sexes are victims of this 20th century strain.

Business men of to-day are absorbed in the struggle for business supremacy, and only think of the demands of the body when the inevitable breakdown occurs.

At first the symptoms of overwork and exhaustion pass almost without notice, but they grow steadily worse, until stimulants and the usual favourite "pick-me-ups" and "tonics" fail to overcome the weary weakness of the worn-out nerves.

A tonic is urgently needed, but it must be a natural tonic, and not a drug which will merely whip up the worn-out body to convulsive effort for a time, afterwards allowing it to relapse into a worse condition than before.

Such a tonic is provided by Bile Beans, which help nature to build up the worn-out nerve tissues. Bile Beans feed the starved nerves with rich red blood, and by re-vitalising the functions of the body, speedily restore the weary and jaded brain to crisp health and energy.

ANGEL PUDDING.

Two ozs. flour, 2 ozs. butter, 2 eggs, 2 ozs. castor sugar, ½-pint milk. Warm the butter and dredge in flour and sugar. Add the eggs well beaten together with a little milk. Beat all the ingredients well together and turn into well-greased tea saucers. Bake in a quick oven for twenty minutes. Serve hot with jam or sweet sauce.

GROUND RICE PUDDING.

Put 2 tablespoonsful ground rice into a pan and mix it with a little milk, then add the remainder of 1 pint milk, salt, and flavouring. Allow it to boil about seven minutes, then remove from the fire. Add an egg well beaten, pour into a greased pie dish, put into a hot oven, and cook for about fifteen minutes.

BREAD PUDDING.

Soak ½-lb. stale bread or scraps in cold water. When quite soft strain off the water and squeeze the bread as dry as possible. Then beat it up with a fork, and add 2 ozs. of chopped suet, 3 ozs. currants or raisins, 2 ozs. sugar, nutmeg, salt, a beaten egg, and half-pint milk. Pour in a greased pie dish or basin, and bake for half-an-hour. If steamed, cook for one-and-a-half hours.

OXFORD DUMPLINGS.

Two ozs. grated bread crumbs, ½-lb. suet, ½-lb. currants, 2 tablespoonsful flour, dessert-spoonful grated lemon peel, and a little nutmeg, 4 tablespoonsful milk, 2 eggs, a tablespoonful brandy. Mix well, and fry a yellow brown. Sufficient for 5 dumplings. Serve with melted butter sauce

SIX-CUPS PUDDING.

A teacupful each of flour, currants, suet chopped fine, coarse sugar, bread crumbs, and water, or milk; one good teaspoonful mixed spice or ground cinnamon, and 1 oz. candied peel cut small. Mix the whole well together with a wooden spoon; lift it into a buttered basin, which must be filled; tie tightly in a cloth, boil four hours, and serve with sweet sauce.

PLAIN PLUM PUDDING.

One pound chopped suet, 1 lb. stoned raisins, 1 lb. currants, 2 ozs. sliced candied peel, 1 teaspoonful ground ginger, ½-lb. bread crumbs, ½-lb. flour, ½-pint milk, and 8 eggs. Mix the suet with the dry ingredients, stir well together; add the beaten eggs and milk to moisten. Beat the mixture well, and add a little more milk if too stiff. Press the pudding into a mould, and boil for six hours. Serve with melted butter sauce. Sufficient for eight persons.

COLLEGE PUDDING.

Two cupsful of bread crumbs, 6 ozs. chopped suet, ½-lb. currants, a few thin slices of candied peel, 3 ozs. sugar, 3 eggs, nutmeg to taste. Mix the dry ingredients thoroughly, and moisten with the beaten eggs. Beat the mixture thoroughly. For fried puddings keep the mixture fairly stiff, roll into balls, and fry in hot fat till done a fine light brown, about thirty minutes. Drain on a cloth before the fire, and serve with white sauce. For boiled puddings, mix with milk, beat thoroughly, and boil for twenty minutes in a buttered basin.

A NURSE AND BILE BEANS.

Miss E. Roberts.

Rescued by Bile Beans from Chronic Indigestion, Terrible Headaches, Palpitation and Liver Trouble.

THE danger of serious complications arising from indigestion and biliousness is strikingly illustrated in the case of Miss Ethel Roberts, of 56, Oliver Street, Pear tree, Derby.

"An attack of rheumatic fever left me with severe indigestion and dreadful pains about the body," said Miss Roberts. "I was so ill that I could not follow my occupation of nursing, and had to stay at home for nearly two years. I suffered a good deal with my liver, and experienced a heavy pain round the body, and my heart beat violently like a hammer. This was accompanied with shortness of breath, so that I could not speak for any length of time. I could not sleep properly,

CAKES, PIES & COOKIES.

DROP CAKES.

Rub 4 ozs. butter into ¼-lb. fine flour; mix it with 4 ozs. sugar and the same of currants. Stir into paste with 1 egg, add a little vanilla and half-a-banana beaten to a paste, and put it on plates ready floured.

LIGHT CAKE.

Mix ¼-lb. flour, ¼-lb. currants, and a little nutmeg, sugar and salt. Melt 2 ozs. butter in a wineglassful of milk, and strain into it 2 teaspoonsful of yeast and 2 eggs. Stir it well together, set it before the fire to rise, and bake in a quick oven.

COCOANUT CAKE.

Three ozs. butter, 3 ozs. sugar, 3 ozs. cocoanut, ¼-lb. flour, 1 egg, 1 teaspoonful baking powder, about ¼-pint milk. Beat butter and sugar to a cream; add the egg, well beaten, and lastly the flour, cocoanut, baking powder and milk. Turn into a tin well greased. Bake three-quarters-of-an-hour.

CURRANT COOKIES.

Take ¼-lb. self-raising flour, 3 ozs. lard or butter, 2 ozs. fine sugar, 2 ozs. currants, 1 teaspoonful baking powder, half-a-nutmeg. Mix with milk, roll out, cut to shape and bake.

SIMNEL CAKE.

Cream together ¼-lb. each butter and castor sugar, add 4 eggs, and beat well for ten minutes. Then stir in 6 ozs. each stoned chopped raisins and currants, 2 ozs. shredded candied peel and ground almonds, with a teaspoonful mixed spice, and 10 ozs. flour. Put half into a tin lined with buttered paper, then a layer of almond icing half-an-inch in thickness upon the remainder of the cake. Bake in a moderate oven nearly two hours. When cold cover with almond icing, smoothing it over with a knife; decorate to taste. For the almond icing, mix together ¼-lb. ground almonds with 10 ozs. castor sugar. Flavour with essence of bitter almonds, and make into a paste with yolk of egg.

QUICK SPONGE CAKE.

Half-a-teacupful of self-raising flour, quarter-teacup castor sugar, 1 teaspoonful baking powder, 2 eggs. Mix thoroughly, grease a tin, and bake for five minutes.

PARKIN COOKIES.

They are easily made and cheap. Melt 1 oz. lard or dripping with 1 oz. treacle and syrup mixed; rub the lumps out of a ½-teaspoonful carbonate of soda, and a ½-teaspoonful carbonate of ammonia, and mix these with 2 ozs. flour, 2 ozs. oatmeal, a ½-teaspoonful ground ginger; stir in the warm treacle, syrup and lard, and mix all well together. Turn it out on to a board, cut it into 6 pieces, roll each piece into a ball, and flatten it a little; lay them on a greased baking-sheet; bake in a moderate oven for fifteen minutes. When ready lift them out of the oven, sheet and all, and let them lie on the sheet for a little while to harden, then stand them so that the steam may escape.

my heart was so bad that I felt a suffocating feeling, I suffered terribly from headaches, and I became so feeble that my mother had to help me about. My appetite was very bad, and when I ate anything a feeling of distension and fulness so oppressed me that I could not wear my usual clothing. I could take only milk, gruel, and such like nourishment. During my illness I was in hospital four times, and was constantly attended by doctors, but I gradually grew worse.

"At last I had to take to my bed, and I was so ill that I feared I should not live from one morning to another. For three weeks mother watched by my bedside night and day. I could scarcely speak, and my nerves were in such a condition that the least noise would put me into a sweat.

"I decided to give Bile Beans a trial, and got much benefit from the first box. I went on taking Bile Beans, with the result that the terrible body pains gradually left me, I became stronger every day, and the heavy beating of my heart abated. Now I have strength to get about like other people, and it is such a delightful change from the time when I had to be helped about. I feel bettter than ever I did, and can take solid food with a hearty appetite. I can testify that the wonderful change in my health was solely brought about by Bile Beans."

"YELLOW-COMPLEXIONED AND DIZZY."

A Waiter's Four Years of Severe Biliousness Ended. "Bile Beans put me in First-class Condition."

MR. JAMES NICHOLLS, a waiter, of 17, Claremont Square, Pentonville Road, London, N., in the course of an interview with a local journalist, said: "I have been a waiter nearly all my life, and until three or four years ago I enjoyed good health. Then I began to suffer from severe bilious attacks and the usual effects from sluggish liver. I reeled about so badly that people who did not know me thought I was drunk. My complexion was as yellow as a guinea, and reading was impossible because of the alarming effects on my eyes. Fearful headaches were my almost continual companions; my breath was offensive, my stomach refused to retain any food, and very often at the end of the day I was unable to drag myself about.

"For about a year I was under the care of a doctor, but without deriving the slightest benefit from his treatment. Then my landlady persuaded me to try Bile Beans. She spoke very highly of them, and knew of similar cases to my own where complete cures had followed their use. From the very first there was a marked improvement in my condition, and now, after having taken only a few boxes of Bile Beans, I can honestly say I have never felt so well in my life. You can imagine the change that has taken place when I say that a year ago the very sight of a piece of fat would make me sick, and now I can eat it, or anything else put before me, with great relish. Not only that, but my 'guinea' complexion has disappeared, and I feel as bright and active at the end of a hard day as at the beginning. In fact, Bile Beans have put me in first-class condition."

BILE BEANS BANISH PILES.

PILES are undoubtedly caused by digestive disorders and constipation. Bile Beans cure piles by removing the cause, by relieving the congested veins from over-pressure, and by gently stimulating the disordered digestive organs to natural and unstrained action. In many cases Bile Beans have dispelled those distressing pile tumours where painful and dangerous operations for their removal had been advised. Such operations can only remove the accumulated effect of this ailment, leaving the cause untouched, with the inevitable result that the tumours break out again; but Bile Beans remove the cause, and so banish piles permanently.

BILIOUS EVERY WEEK.

Miss A. Cook.

A Domestic Servant who suffered from Severe Sick Headaches for seven years now made well by Bile Beans.

"NEVER seen you looking better," was the greeting accorded by parents, relatives, and friends alike to Miss Alice Cook, a young domestic servant, living at 85, Mawson Road, Cambridge, when she visited her home last summer. But there is a reason for her healthy appearance, and Bile Beans supply it. Miss Cook told a *Cambridge Independent Press* reporter that she had suffered from bad bilious attacks ever since she left school. "I used to have one almost every week," she said, "and never a fortnight passed without one. On these occasions I suffered from very severe headaches, and I became so bad that I could do nothing but lie down the whole day long. I consulted chemists, and tried many medicines, but nothing did me any lasting good until I took Bile Beans, which quickly restored me to health again.

"Three or four months have elapsed since I first took Bile Beans, and during that time I have not experienced a single bad attack of biliousness." As they cured Miss Cook, so Bile Beans are likely to cure *you!*

YORKSHIRE PARKIN.

Melt 4 ozs. butter and 4 ozs. lard in a saucepan with 2 pounds of treacle until it is all warm and melted. Mix together 1 lb. flour and 1 lb. oatmeal (coarse) and ½-oz. ground ginger. Four ozs. brown sugar must also be melted in with the treacle, lard, and butter. Mix the flour, etc., with the melted butter, etc., and add ½-pint of milk to make into a stiff paste. Grease two big Yorkshire pudding tins and spread mixture evenly over it about one inch deep. A few tiny pieces of butter may be placed on the top, so as to glaze it, or it may be brushed over with the yolk of an egg beaten up with a little milk. Bake in slow oven for one hour. To make your parkin perfect cook in a slow oven, look at it as little as possible while cooking; avoid letting any draught blow on it while it is in the critical state of rising; do not mix it too moist; handle very gently while hot or it will surely break. To tell when the cake is cooked test it with a dry skewer. If none of the mixture adheres to it, the parkin is cooked.

YORKSHIRE CAKE.

The weight of one egg in flour, ground rice, sugar and butter, with a tablespoonful or more of milk. Butter two dessert plates, and pour the mixture into both; bake twenty minutes. When done spread any kind of jam upon one cake and lay the other over it.

MINT PATTIES.

Make a piece of short crust and line some patty tins with same; then add a few currants, washed and dried, some finely chopped mint, and then a little sugar. Cover with another piece of crust and bake in a brisk oven.

SUGAR CAKES.

Rub ¼-lb. butter into ¼-lb. flour; mix in ¼-lb. sifted sugar and a few currants. Moisten with the yolk of an egg, mix together. Roll as little as possible; leave it rather thick. Cut in shapes, and bake in a quick oven.

CHEAP MINCEMEAT.

Chop 2 ozs. suet, ½-lb. apples and 2 ozs. candied peel. Put in with ½-lb. cleaned currants and ½-lb. sultana raisins, and mix well together with 2 ozs. sugar, 1 lemon juice and rind, and ½-teaspoonful ground cinnamon. It is then ready for use.

LONDON BUNS.

Rub ½-lb. butter or dripping into 1 lb flour, add ½-lb. sugar, 2 ozs. candied peel cut up finely, lemon rind grated, 2 teaspoonsful baking powder, 2 eggs, well beaten, and with sufficient milk to mix to a nice stiff paste. Knead very lightly, make into small buns, and bake in a quick oven for about twenty minutes.

CHRISTMAS CAKE.

Beat ½-lb. butter to a cream, add ½-lb. fine sugar, and 1 to 3 eggs beaten very well. Then add ½-lb. flour, ½-lb. currants, ½-lb. raisins, 1 teaspoonful baking powder, pinch of salt and grated lemon rind. Beat all well together. Line a cake tin with buttered paper, and bake in a moderate oven for two or two-and-a-half hours.

A MOTHER'S STORY.

Ten Long Months of Sickness. Tried almost every kind of Medicine in Vain. Bile Beans quite Cured her.

Mrs. Beevers.

"A STRONG, healthy-looking woman is Mrs. Emily Beevers, of 5, Carlton Street, Castleford Road, Normanton, and one could scarcely believe that she had only recently passed through a severe illness." So writes a reporter of the *Normanton Gazette*, who has recently interviewed Mrs. Beevers respecting her wonderful cure by Bile Beans.

"For ten long months I wished every day I was dead," she told the Pressman. "Everything seemed wrong with me. Every meal I had came back again, and I hated the sight of even a drop of milk. I could not even bear the noise of the children. I used to feel dizzy and faint, and got very weak. When I went out walking I was gasping every step I took, and the pains in my head were so bad I had to cover my eyes up. If I got up suddenly

SHORT PASTRY.

Rub ½-lb. clarified dripping or lard into 1 lb. flour, add 1 teaspoonful baking powder, and salt, with sufficient cold water to mix to a nice paste. Knead until smooth, and roll out very lightly. Bake in a hot oven.

FLAKY PASTRY.

Rub about 2 ozs. mixed lard and butter into 1 lb. flour, add the salt and sufficient cold water to make it to a stiff paste, knead it slightly, and roll out into a long strip. Divide the remainder of ½-lb. of lard into three portions, and place one portion in small pieces over the pastry, sprinkle with flour and fold in three. Repeat until all the lard is used. Put by in a cool place about one hour, roll out, put by again. Do this a third time, and the paste is ready for use.

ROUGH PUFF PASTE.

Mix ½-lb. flour, a little salt, and ½-teaspoonful baking powder together, cut 5 ozs. butter or lard into small pieces, and mix very lightly into the flour, and add sufficient cold water to make a stiff paste. Knead very little, roll out lightly twice, and bake in a very hot oven.

LEMON SNAPS.

One lb. flour, ½-lb. butter, 1 dessertspoonful allspice, 2 of ground ginger, and the grated peel and juice of a large lemon. Mix all well together, add a cupful of molasses, beat it well, pour out on buttered sheet tins and spread it thinly over them. Bake in rather slow oven. When done cut into squares with a sharp knife and roll each square round the finger as it is raised from the tin. These are most delicious.

ROCK BUNS.

Rub ½-lb. lard into 1 lb. flour, then add ½-lb. sugar, 2 large teaspoonsful baking powder, ½-lb. currants cleaned, and egg well beaten, with sufficient milk to make stiff paste. Drop it upon a greased tin in small pieces, and bake in a hot oven.

JAM SANDWICH.

One tablespoonful flour, 1 tablespoonful castor sugar, ½-teaspoonful baking powder, 1 egg. Mix dry ingredients in a basin, break egg into them and beat for a minute. Bake in a shallow tin in hot oven for ten minutes.

CRUST FOR RAISED PIES.

A good common crust for raised pies, baked ham, etc., may be made by allowing ½-pint water, 1½ oz. butter, 1½ oz. lard, and a pinch of salt to every lb. of flour. Boil the water with the butter and lard; pour into the flour gradually, beating well with a wooden spoon, and taking care not to make the paste too soft. When well-mixed, knead the paste on a board till quite stiff, and let it rise before the fire for a few minutes.

TREACLE TARTS.

Line some soup plates or saucers with short pastry; pour in treacle till your pie is about half-full; then rub some stale bread in a grater, seasoning with ground ginger. Put a thick layer of the seasoned crumbs over the treacle, and ornament the top with strips of pastry.

out of a chair I had to sit down again and hold my head. My skin turned a nasty yellow colour.

"The doctor said that anæmia was the cause. I tried almost every kind of medicine, but nothing did me much good for long. After my baby was born I was a month in bed taking doctor's medicine, but I did not pick up well.

"I got a small box of Bile Beans. My husband got me some more Bile Beans and made me follow up the treatment. The pains in my head went away, the sickness passed off. Now I can eat almost anything, and I am never without a box of Bile Beans in the house. They have quite cured me. Occasionally I give a Bean to the children, always with good results."

"The doctor said that anæmia was the cause," Mrs. Beevers says, and digestive disorders are the originators of this bloodless condition called anæmia. Keep your digestive organs in sound working order by taking Bile Beans.

BILE BEANS FOR CHILDREN.

MOTHERS are frequently at a loss to find some handy and yet effective medicine, which they may administer to young children to rid them of such common ailments as rashes, skin sores, constipation, restlessness, and loss of appetite. Children generally have a marked objection to medicine, and unless administered in some easy form, its application is a matter of difficulty. Another essential even more important than the form, is that the medicine shall contain no deleterious substance, which, although partly removing the immediate evils for which it is used, will in so doing introduce into the young and delicate system evils worse than those it cures. Now Bile Beans combine both these essentials. They are easily administered, and easily taken even by the youngest child. They may be cut into small pieces and swallowed in the solid form, or dissolved and taken in any convenient liquid.

COCOANUT MACAROONS.

Whisk 3 eggs until very light, add ½-lb. sugar, and ½-lb. of desiccated cocoanut very gradually, beating briskly. If not stiff enough add a little flour. Bake in a moderate oven on buttered paper or a greased baking tin, dropping the batter in spoonsful well apart from each other.

MUFFINS.

Put a pint-and-a-half ale yeast in water, let it lie all night, and in the morning pour the water off; then pour on to the yeast 2 gallons of lukewarm water, add two ounces of salt, and stir the whole together for a quarter-of-an-hour. Strain, and with a bushel of flour make a light dough, leaving it for an hour to rise. Roll with the hand, pull it into pieces about the size of a large walnut; roll these out thin in a good quantity of flour; cover them at once with a piece of flannel, and when they have risen to their proper size proceed with the baking.

SUET PASTRY.

Mix ½-lb. of flour, ½-teaspoonful baking powder and salt together, chop 2 ozs. suet finely, and add it to the flour, with sufficient cold water to mix to a stiff paste. Knead lightly, roll out and use.

POTATO CAKES.

Rub ½-lb. lard into 1 lb. flour; mash 1 lb. boiled potatoes well and add them to 1 lb. flour, also 1 teaspoonful baking powder and a pinch of salt, with sufficient cold water to mix it to a stiff paste. Roll out thinly on a floured board, and bake in a quick oven.

PANCAKES.

Put 6 ozs. of flour into a large basin, beat two eggs and add milk to them, and pour a little of this mixture upon the flour, mix to a smooth paste, and add rest of ½-pint milk gradually, with pinch of salt. Let the batter stand for some length of time before cooking it. By standing several hours before needed it will be much lighter. Put 1 oz. lard into a thoroughly hot frying pan, pour in sufficient batter to cover the bottom of the pan, and fry to a nice brown on both sides. Lift out on a hot plate and drain the fat away. Serve hot, sprinkle sugar over and squeeze on lemon or orange juice.

LEMON CHEESE CAKES.

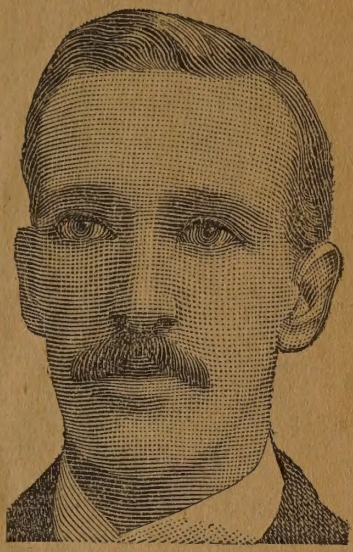
Quarter-of-a-pound of butter, 1 lb. loaf sugar, broken into small pieces, 6 eggs, leaving out 2 whites, the rind of 3 lemons grated, and the juice of 3. Put the butter into a saucepan with the sugar, rind, and juice of lemons, then add the eggs. Stir until it thickens like honey. When cold put into pots and tie down till wanted for baking. Use good, short, flaky pastry (see page 27), and bake in a hot oven in small patty-pans.

LEMON TURNOVERS.

Take 3 tablespoonsful of flour, 1 tablespoonful of castor sugar, and the rind of a lemon grated finely. Make this into a batter with a little milk, 3 well-beaten eggs, and 3 ozs. of butter. Butter some saucers and pour in the mixture. Bake twenty minutes in a quick oven. When baked turn them out and cut them across. Put on a glass dish and sift castor sugar over them.

SICKNESS AFTER MEALS.

A Young Cheesemonger's Biliousness and Indigestion—the Penalties of an Indoor Life—Cured by Bile Beans.



Mr. C. H. Edwards.

THE sedentary life of indoor workers is the cause of a vast amount of ill-health. Bile Beans are invaluable to all indoor workers. They restore the disordered functions of the body to healthy activity, create an appetite, and enable the stomach to digest food and to turn it into rich, red, tissue-building blood.

Mr. Chas. Henry Edwards, of 76, Russell Road, Custom House, London, E., tells how Bile Beans proved a true friend in need to him. "I am a cheesemonger's assistant, and have been in the trade for fourteen years," says Mr. Edwards. "As a youngster I was strong and healthy, and for two or three years after I went to work remained quite well. But gradually the indoor life and lack of proper exercise began to tell its tale. I was troubled with severe pains in the chest, and biliousness. I was sick after almost every meal. My sleep at night was fitful, and the mornings found me tired and languid.

"I felt depressed and miserable, and imagined all sorts of unpleasant things. I tried doctor after doctor. Sometimes the medicine they gave me afforded me relief for a few days, but the pain and sickness soon returned again. For six weeks I attended the hospital, but the bottles of medicine I took did me no more good than the doctors'.

"Early in the present year things looked very black indeed for me, and it seemed only a matter of time before I would have to give in. Fortunately, however, one day I tried Bile Beans, with the result that I began to improve. I kept on with Bile Beans, and gradually but surely the pains in the chest left me, and I could take my food heartily and without fear of the consequences. My spirits improved, and I awakened in the morning ready for the day's work. To-day the colour in my cheeks tells how well I am, and I eat and sleep splendidly."

PIMPLES AND ERUPTIONS.

PIMPLES, blotches, blackheads, and skin blemishes are caused by impurities in the blood, and can only be permanently got rid of by removing the cause. All such disfigurements are caused by a sluggish liver failing to keep the blood clear of impurities. The skin attempts to throw off the impurities, the delicate glands and pores become clogged with effete matter, and these irritating little sores disfigure the fair surface of the skin.

Bile Beans, the pure blood renewer and vitaliser, get right at the root of the trouble, remove the cause, and thus get rid of all blemishes. These irritating little evils are Nature's danger signals of serious trouble brewing internally, a warning that your liver and kidneys, the blood filters of your body, need cleansing and toning up. Bile Beans are the ideal remedy for all skin troubles. As a Spring medicine Bile Beans are unsurpassed.

INDIGESTION BANISHED.

Mrs. M. A. Banham.

Pains Like Knife Stabs in the Back Yield to Bile Beans.

"SOME time ago," said Mrs. M. A. Banham, of 13, Eaton Street, Bedminster, Bristol, "I broke down in health altogether. I had been ailing for a long time, but I got so ill at last that I was obliged to call in a doctor. He prescribed medicines, rest, and special diet. But in spite of all this I got worse. At last I had to take to my bed. The indigestion always affected me with agonising pains in the chest after eating, but about a quarter of an hour after the meal the food seemed like a huge lump of lead at the pit of my stomach, and terrible stabbing pains would rack me for hours. I tried all sorts of remedies, but got no relief until I tried Bile Beans.

"It is nearly twelve months ago since I took the first box of Bile Beans, but since then I have felt nothing of those agonising chest pains. Gradually my strength returned as I persevered with Bile Beans, and now I am quite healthy."

SAVOURY SUPPER DISHES.

COLD BEEF DISHES.

If your joint of beef is too underdone for you to enjoy cold, cut off some nice slices and lay on a chopping board. Put into a basin some bread crumbs, a little chopped parsley and thyme or a teaspoonful of dried herbs, a little onion, a small piece of bacon or lean ham chopped small, and moisten with a piece of butter, melted, or one egg. Then spread (after seasoning with pepper and salt) over each piece of meat, roll up tightly, and put into small stewpan just large enough to hold them. Cover with cold water or stock, and simmer gently one-and-a-half or two hours. Thicken the gravy ten minutes before serving. If any is left over, mix with an equal quantity of mashed pototoes, and make into balls. Roll first in beaten egg, then bread crumbs, and fry in boiling fat till a golden brown. If the joint is not all used, then for dinner next day cut into nice pieces, with some kidney, and stew gently one hour. Then thicken the gravy. Make a few dumplings and put these in, cover the stewpan, and cook gently another half-hour. Do not lift the lid until you dish up, then your dumplings will be very light and nice.

MACARONI CHEESE.

Quarter-pound macaroni (previously parboiled), ¼-lb. cheese (odd pieces will do), one large tomato, teacupful of milk, salt and pepper to taste. Cut tomato in slices, place in bottom of pie-dish, then layer of cheese cut in thin slices, then layer of macaroni. Sprinkle bread crumbs on the top, add milk, small piece of butter on top. Bake two hours in a slow oven.

LAMB PIE.

One lb. neck of lamb, 1 lb. potatoes, ½-pint stock, and a teaspoonful of meat extract, one dessertspoonful of parsley, salt, pepper, a little minced onion, and a little vinegar. Cut up the lamb into chops, remove the bones, and sprinkle a little vinegar over the meat. Cut potatoes into slices, sprinkle over the parsley and onion a seasoning of salt and pepper. Lay some of the lamb at the bottom of a pie-dish, and then a layer of the seasoned potatoes. Add the lamb and potatoes in alternate layers until the dish is full. Then pour over the stock and meat extract. Line the edge of pie-dish with strips of pastry, then cover over, and bake in a moderate oven for an-hour-and-a-half.

TOAD IN THE HOLE.

Six ozs. flour, 1 egg, 1 pint milk, half-a-teaspoonful baking powder, salt. Put the flour, baking powder, and salt into a basin, mix the egg and milk together; then mix the flour, etc., with the milk into a very smooth batter; well butter a pie-dish, cut some meat into small pieces, or lean chops can be used. Put the meat into the dish, sprinkle a little chopped parsley, pepper, and salt over it; then pour in the batter, put a few pieces of clarified fat on the top, and bake about one hour.

A FAMILY'S GRATITUDE.

Mother, Father and Children Cured of Anæmia, Piles and Biliousness.

ENTHUSIASTIC confidence in Bile Beans has been gained from personal experience by Mrs. Ada Brooks and family, of 4, Rochester Place, Camden Town, London, N.W. To a local reporter Mrs. Brooks said :—

"For seven years I suffered from piles and anæmia. During the last four years of that period I endured unutterable agony. For eighteen months I was under the care of a doctor, and finally underwent a severe operation. Unfortunately I derived no benefit. The pain and inconvenience were as bad as ever, and many times I actually fainted with the dreadful pain from the piles.

"My life was not worth living. I lost interest in everything, and was in despair. One day my husband read of someone who had been cured of piles by Bile Beans, with the result that I obtained some. I hadn't been taking Bile Beans long before I noticed an improvement in my health. Of course, I continued to take Bile Beans, and within a few weeks the piles and anæmia had disappeared, and I was as well as ever again.

"My husband, who is inclined to biliousness, has derived great benefit from Bile Beans. The children, too, are soon put right by a Bile Bean when out of sorts."

A BILE BEAN AFTER DINNER is the best help to an overburdened stomach. This promotes the flow of gastric juices, regulates the secretion of bile, and strengthens both digestion and assimilation. Take Bile Beans when excessive eating or drinking has upset your stomach, liver, and bowels; and all symptoms of sickness will speedily vanish, giving place to vim, vigour, and vitality. Bile Beans are the safest and most efficacious after-dinner medicine. Being gelatine coated, they can easily be carried loose in the waistcoat pocket.

PANTRY HINTS.

PICKLED DAMSONS.

Take 4 lbs. loaf sugar, 1½ pints best vinegar, 2 dozen cloves, and a little mace and cinnamon. Boil all together till the sugar is dissolved, then pour the liquid over 5 lbs. of damsons in an earthenware vessel. Let the pickle stand for twenty-four hours, then pour off the liquid and boil it again. Pour it back over the damsons once more, let all stand for another day, then boil altogether for five minutes and store in jars for use.

TO MAKE GOOD JELLY.

Don't use over-ripe fruit; it won't "jell." Fruit for jelly is best under-ripe, freshly picked, and good quality. When jellying "berries" they should be slowly heated in preserving-pans, and mashed with a wooden spoon. Strain through three-cornered jelly-bags made of cheese-cloth (boiled and prepared). Always let juice "drip"—never squeeze. Apples, pears, peaches, etc., should be washed, cut in small pieces, barely covered with water, and cooked gently till soft and clear; it takes one hour. After straining, measure carefully the juice and allow ¾-lb. sugar to every pint. Boil gently for twenty minutes, skimming carefully all the time. While it is boiling let the sugar be heated in oven, then add it quickly; stir again till boiling-point is reached, and pour into heated jars.

HOW TO STEW FRUITS.

With fresh fruits, such as gooseberries, apples, and plums or rhubarb, nothing is gained by over-stewing. As soon as the fruit is soft it is cooked sufficiently, and prolonged stewing spoils the fruit and kills the flavour. Fruit for immediate use should always be stewed in syrup; that is, sweetened water. This applies especially to rhubarb, currants, apples and green gooseberries. The rule for a perfect syrup is a pint of boiling water to 2 lbs. of sugar. Apportion your water to your fruit as you desire much or little juice, and then sweeten to taste with prepared syrup. Allow prunes, apples and figs to soak overnight in water; stew before adding the sugar.

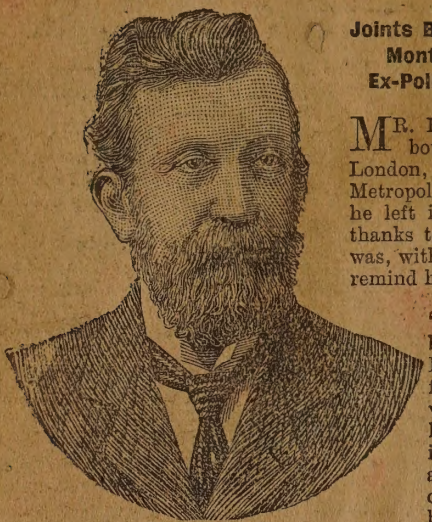
POTATO SALAD.

A dozen cold boiled potatoes, 4 tablespoonsful of vinegar, 6 tablespoonsful of salad oil, 1 tablespoonful chopped or dried parsley, pepper and salt to taste. Cut the potatoes into slices, lay them in the salad bowl, and add the oil and vinegar. Stir the salad well, adding the seasoning gradually. The salad should be made two or three hours before use.

LEMON AND APPLE MARMALADE.

If lemons alone are considered too tart, boil and slice the lemons as in previous recipe, and mix them thoroughly with an equal weight of apple pulp. Make a syrup by boiling together 1 pint of water with every 2 lbs. of sugar, and allow 2 lbs. of sugar to every pound of fruit. Boil the sugar and water together for ten minutes; put in the fruit, and boil again for forty minutes, or till all is clear.

CRIPPLED BY RHEUMATISM.



Mr. F. Bowles.

Joints Badly Swollen. Acute Body Pains. Months of Complete Helplessness. Ex-Policeman Cured by Bile Beans.

MR. FREDERICK BOWLES, of 15, Ashbourne Grove, Chiswick Lane, Chiswick, London, was for 23 years a member of the Metropolitan Police Force. Three years ago he left it, a crippled "incurable." To-day, thanks to Bile Beans, he is as well as he ever was, with only the marks of years of agony to remind him of what he has gone through.

To a local reporter, he said:—"Some time after I joined the force I began to suffer from rheumatic gout. In the early stages it was only a painful inconvenience, but gradually it got worse. At first it was in my feet and hands. The doctor could make no impression on it, and as the months and years passed I found the gout creeping up my limbs and seizing my body. For weeks at a time I was off duty. The crisis came three years ago, when I was invalided out of the force as 'incurable.'

"The doctors said that I would be a sufferer as long as I lived, and I believed them. For eight months I lay in bed, enduring, as best I could, the most terrible agony. My joints were badly swollen, and I was in despair. What could I do? Every doctor I had consulted said the same. I was beyond help.

"One day I read about Bile Beans. What I read almost made me hope that there might be a chance left, and I sent for some Bile Beans and commenced a course. When I had taken three boxes of Bile Beans I felt very much better, and from that time, to my astonishment and delight, I rapidly improved. Within a few months I was out again, walking as straight as I ever did, and working. I am now quite well again, and no one more surprised than myself."

SPRING HEALTH DANGERS.

Bile Beans a Splendid Blood Purifier and Tonic.

HEADACHES, nausea, low spirits, fickle appetite, loss of colour, the appearance of blackheads, pimples, blotches, and blemishes on the skin, all point to impurities in the blood. A timely course of Bile Beans, the great Spring tonic and blood purifier, will banish all such troubles naturally. Spring brings to a head all the liver, stomach, and blood troubles which you only suspected before. Pimples, boils, blotches, and unsightly eruptions are common in Spring-time, as if the skin were helping in the "Spring cleaning" of the body by extracting impurities from the blood. In the Spring-time, too, the dangers of anæmia threaten girls on the threshold of womanhood, and many a hopeless invalid can trace the origin of her lingering illness to heedlessness of Spring's danger signals.

Don't make the sad and serious blunder of resorting to old-fashioned Spring remedies, which are always "lowering" in their tendency, uncertain in action, and invariably nasty. Take Bile Beans, the ideal Spring medicine; easy to take, gentle and genial in action, and positive in effect.

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FREE MEDICAL ADVICE.

If you are ailing, and are at all doubtful as to the suitability of Bile Beans for your case, write to us, giving a full description of the symptoms of your ailment, and our fully-qualified medical staff will give your case special attention.

Address your letter to Bile Beans, Greek Street, Leeds, and write "Medical" on the top left-hand corner of the envelope. When writing mention this booklet, "Bile Bean Cookery Book."

SAMPLE BOX FREE.

This little book contains a few out of many hundreds of voluntary testimonials sent to The Bile Bean Co. for publication, purely out of gratitude for benefits received and with a desire to help other sufferers to the same means of cure. The proprietors of Bile Beans desire every sufferer to sample Bile Beans Free of Cost. This offer is made in the full assurance that, once tried, Bile Beans will afterwards recommend themselves. Write to Bile Beans, Leeds, enclose a penny stamp, to pay postage of sample, and mention this booklet, "Bile Bean Cookery Book." In return you will receive a Free Sample Box of Bile Beans, the world's greatest family medicine.

MUSIC GIVEN AWAY.

All lovers of music will be interested in our offer to supply every applicant with the Bile Bean Music Budget free of charge. This budget is not a toy, but a collection of really good original music, bound in a pretty coloured cover.

There are six original compositions in the budget—two new songs by J. Michael Watson; a waltz, a wedding march, and an American Quickstep. None of these pieces are to be obtained elsewhere, and all are within the capabilities of the average player and singer.

A FREE COPY of this Budget will be forwarded to all readers who send two penny stamps (to pay for packing and return postage). Write across the top of your letter the name of this book, "Bile Bean Cookery Book," and address your application to Bile Beans, Leeds.

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Piles		**Ulcerated Stomach**
Headache	**Colic**	**Pimples**
Anæmia	**Spasms**	**Impure Blood**
Dizziness	**Palpitation**	**Jaundice**
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